real life made simple

Canadian Living

TRAVELLING IN CANADA

13 hidden gem LOCATIONS

the season's NEWEST WORKOUT WEAR

Celebrate spring!

EASY WEEKNIGHT SUPPERS

ASPARAGUS DISHES YOU'LL ♥

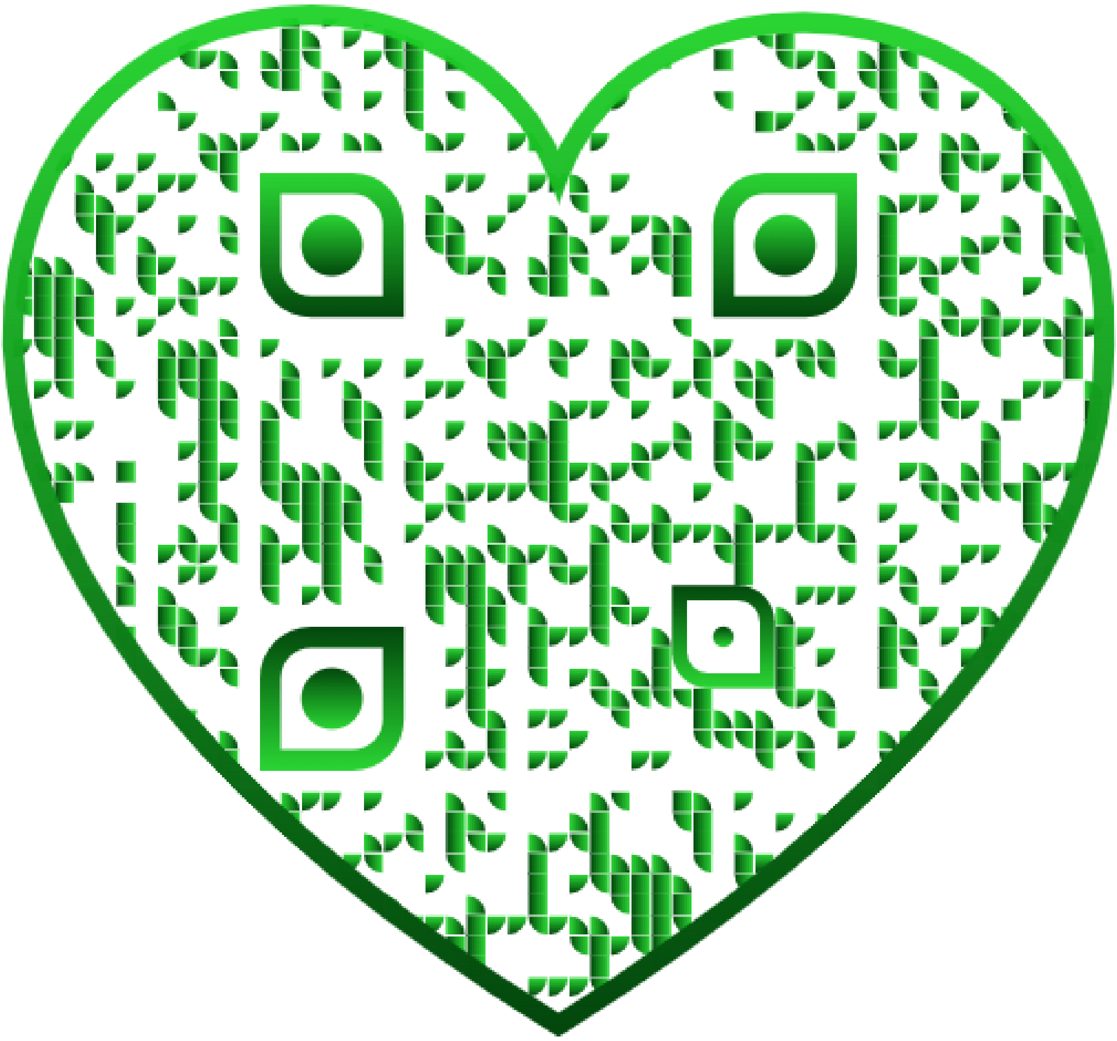
OLIVE OIL DIPS & DESSERTS

cook the cover
GRILLED ASPARAGUS & POACHED EGGS
PAGE 12

+

AN ELEGANT **MOTHER'S DAY MEAL**

MAY 2025



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Canadian Living

EST. 1975 | VOL. 50, NO. 04 | MAY 2025

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Who knew everyday olive oil could transform into something as delicious as this Olive Oil Pistachio Shortbread. Check out more creations made with this pantry staple in our "Smooth Like Silk" story on page 86.

SITES unseen

Do you have a secret getaway? A place you return to when you need to recharge or make sense of the world around you? Picture the iconic Julie Andrews singing "The hills are alive with the sound of music" in a meadow on an Austrian mountaintop and you get the idea.

It's interesting that many of our places of refuge are in the great outdoors—by lakes, on hiking trails and, indeed, mountaintops. It makes sense, since the physical and mental health benefits of spending time in nature are well-documented. And luckily, here in Canada, we have an abundance of natural spaces that provide the opportunity to grab some fresh air and blow the cobwebs away.

Our story "Hidden Gems" on page 38 offers up a few new destinations to inspire you this year. And as many of us are patriotically looking at staycation options right about now, the timing couldn't be better. From Thunder Cove Beach on Prince Edward Island to Auyuittuq National Park in Nunavut to Haida Gwaii in British Columbia, the possibilities to discover a new part of our great country are endless.

We'd love to hear about your favourite secret places, and about some of the new ones you intend to explore.

Canadian
Living team

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instagram.com/canadianliving

RECIPE, MARIE-ÈVE CHARRON. PHOTOGRAPHY, TANGO. FOOD STYLING, ÉRIC RÉGIMBALD. PROP STYLING, CAROLINE SIMON

MAY 2025

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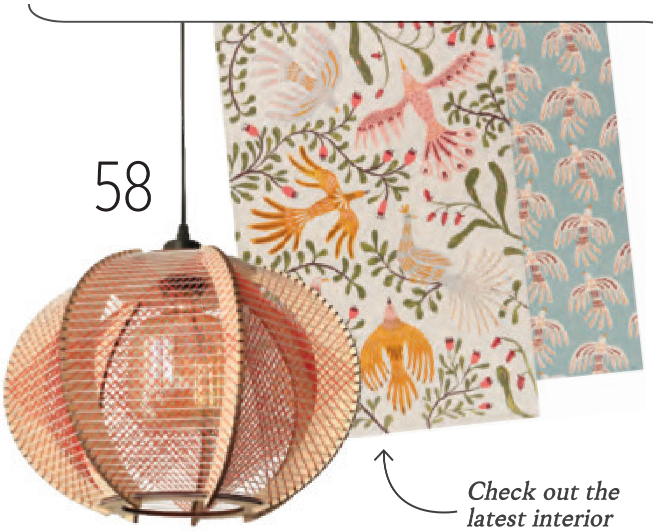

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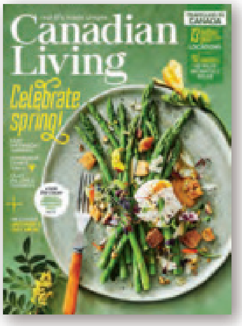
Canadian Living TEST KITCHEN



PHOTOGRAPHY, TANGO
FOOD STYLING, NATALY SIMARD
PROP STYLING, CAROLINE SIMON

10 tricks, tips and ideas we love this month

MARCELLE
VITAMIN C + SQUALANE
BRIGHTENING MASK WITH PROBIOTICS
VITAMINE C + SQUALANE
MASQUE ILLUMINANT AVEC PROBIOTIQUES
ALL SKIN TYPES
HYPOALLERGENIC | FRAGRANCE-FREE
TOUS TYPES DE PEAU
HYPOALLERGÉNIQUE | SANS PARFUM
75 mL 2.5 Fl. Oz.

MARCELLE Vitamin C + Squalane Brightening Mask with Probiotics, $22, Vitamin C + PHA Brightening Cleanser with Probiotics, $19, marcelle.com.

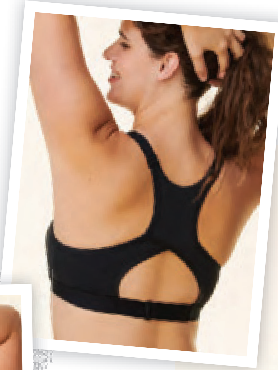
MARCELLE
VITAMIN C + PHA
BRIGHTENING CLEANSER WITH PROBIOTICS
VITAMINE C + PHA
NETTOYANT ILLUMINANT AVEC PROBIOTIQUES
125 mL 4.2 Fl. Oz.

1 Orange crush

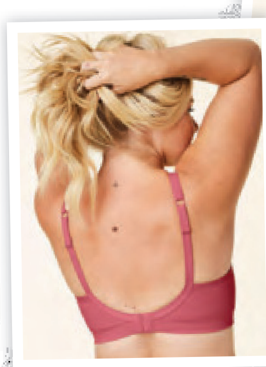
Brighten up your day with two new additions to Marcelle's line of vitamin C-infused products. The Canadian skin-care company, founded in 1874, makes it easy to gently exfoliate and hydrate with the new Brightening Cleanser that harnesses the antioxidant power of vitamin C and the resurfacing effects of polyhydroxy acid for a radiant, fresh-faced look. When you're in the mood for extra self care, smooth on the Brightening Mask that combines vitamin C with squalane to boost firmness and elasticity. Both skin-loving products are made with probiotics to support the microbiome for healthy, resilient skin. Recognized by the Canadian Dermatology Association, you can be confident your skin is getting the TLC it deserves every day.

PRODUCER, CHRISTINA ZISKO. PHOTOGRAPHY, ADOBE STOCK/E (MOUTH)

2



Light Impact **SPORTS BRA** in Black, $57, ca.bravadodesigns.com.



Muse **BRA** in Lipstick, $52, ca.bravadodesigns.com.

Original Pumping & Nursing **BRA** in Dove Heather, $47, ca.bravadodesigns.com.

SHE SHOOTS, SHE SCORES

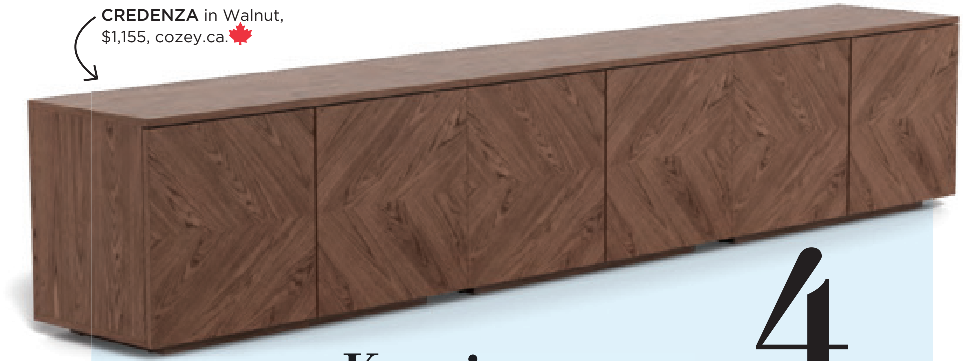
As the official bra partner and a major sponsor of the Professional Women's Hockey League (PWHL), Bravado Designs is all about supporting women on and off the ice. Proudly Canadian and female-led, the intimate apparel brand keeps you feeling comfy and confident while sweating it out in a hot yoga class, nursing your baby, running errands and everything in between.

3

Shhhh...

We've all heard the adage "silence is golden" and, according to a study published in the journal *Motivation and Emotion*, that may be true! Results showed that intrinsic silence (silence that's freely chosen and motivated by a desire to connect) can support the formation of intimacy and trust between romantic partners. One of the reasons is that when we're silent, we decrease distractions and can use that time to really focus on the present moment. The next time you're drinking your morning coffee with your partner, taking a walk or reading side by side, see how the silence works for you!

Aurora 3-Unit **CREDENZA** in Walnut, $1,155, cozey.ca.



4

Keeping cozey

Investing in new furniture can be stressful—with a sea of styles to choose from, where do we begin? Enter Canadian modular furniture company Cozey. When a piece is customizable and adaptable, the decision starts to feel less daunting, and Cozey's are created to do just that. The multi-piece designs allow you to make them your own, adding or removing pieces for the perfect look. When it comes to chic storage, we're all about the brand's Aurora credenza. Built-in ventilation keeps tech cool and wires hidden, while adjustable shelving and a three-piece modular design means you can split up the units to fit your storage needs and square footage. Plus, the simple and modern design is a breeze to style.

6

Buon appetito

Cooking and sharing a meal with someone is a great way to slow down and really connect. For your next romantic date night or cozy girls' night in, you can count on Italian marketplace Eataly to ship authentic Italian ingredients right to your door. What flavour combo are you craving tonight?

1

2

3

Light & bright

1. Lurisia Limonata **SODA**, $12/4-pack, eataly.ca. **2.** Afeltra 100% Italian Grain Spaghetti **PASTA**, $11, eataly.ca. **3.** Roi Basil **PESTO**, $9, eataly.ca.

1

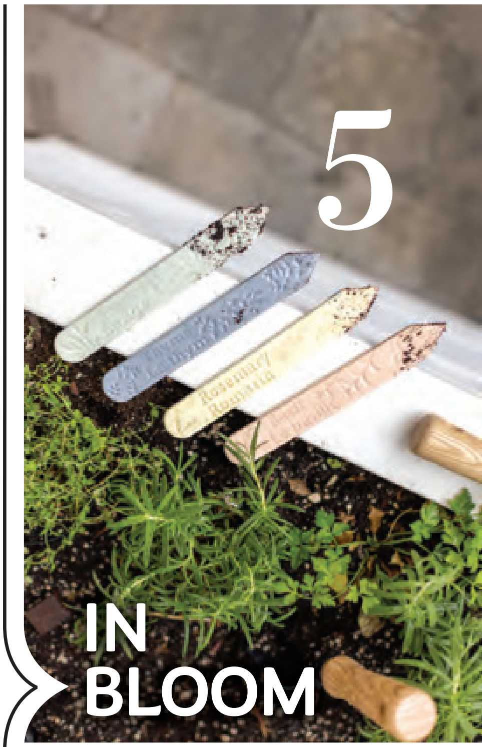
2

3

Spicy & bold

1. Mariangela Prunotto Organic Arrabbiata **PASTA SAUCE**, $7, eataly.ca. **2.** Penne Rigate **PASTA**, $12, eataly.ca. **3.** Niasca Festivo Portofino Bitter Citrus **SODA**, $10/4-pack, eataly.ca.

5



IN BLOOM

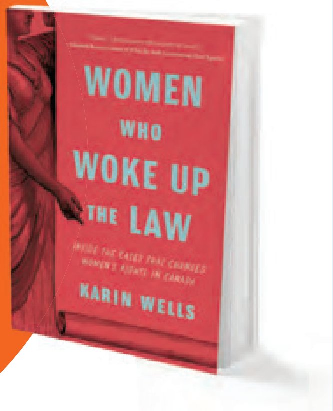
There's something special about garnishing a plate or seasoning a meal with herbs you've grown yourself. Plants like basil, thyme, sage and rosemary aren't picky about their growing conditions, so gardening newbies and afficionados alike can enjoy nurturing their very own herb garden with ease. Keep your new plants organized with these adorable herb markers from Walmart Canada and Tori Wesszer, a Kelowna-based cookbook author and creator of lifestyle blog Fraîche Living. Created as an ode to spring, this 41-piece collab includes kitchenware, linens and, of course, gardening supplies that capture the beauty of the season with pastel hues and dreamy floral motifs.

Fraîche Living x Walmart Canada **HERB MARKERS**, $15/set of 4, walmart.ca.

7

LAW SCHOOL

Through 10 landmark court cases, *Women Who Woke Up the Law* by CBC radio documentarian and lawyer Karin Wells explores the stories of women who advanced Canadian women's rights. From domestic violence to maternity benefits to property rights, these inspiring cases have helped shape the Canada we see today and underscores the importance of protecting these hard-earned gains for generations to come.


WOMEN WHO WOKE UP THE LAW
INSIDE THE CASES THAT CHANGED WOMEN'S RIGHTS IN CANADA
KARIN WELLS

WOMEN WHO WOKE UP THE LAW (Second Story Press) by Karin Wells, $23. **March 8**

8

Save/Splurge LIP CARE

GET A SOFT, NOURISHED POUT, WHATEVER YOUR BUDGET.

Splurge

Powered by the brand's SIREN Capsule Technology, active ingredients interact where they're most needed for ultimate hydration, smoothness and plumpness.

U BEAUTY The Plasma Lip Compound in Universal, $93, ubeauty.com.

U BEAUTY
THE PLASMA LIP COMPOUND
Universal

Save

Fatty acids, antioxidants, shea butter and a blend of avocado, sweet almond and grapeseed oils work to nourish and repair your pout.

MADEUP BEAUTY Meltdown Lip Therapy in Cry Baby, $15, madeupbeauty.com.

MADEUP BEAUTY

9

Happy Mother's Day

DON'T FORGET TO CELEBRATE ALL THE HARD-WORKING MOTHERS AND MOTHER FIGURES IN YOUR LIFE ON MAY 11.

> *Behind all your stories is always your mother's story, because hers is where yours begins.* —*Mitch Albom*

MANJULA ESSENTIALS Essentials Set, $250, manjulaessentials.com.

MANJULA
HUILE POUR LE CORPS
BODY OIL
HUILE POUR CHEVEUX
HAIR OIL
HUILE POUR VISAGE
FACE OIL

10

WELL OILED

As a marriage of traditional Ayuvedic principles and cosmetic science, Canadian brand Manjula Essentials is all about balance. The line of treatment oils is formulated to not only target hair loss, hyperpigmentation, dryness and sensitivity, but also to restore the balance of the three doshas (the energies responsible for inner and outer healing in Ayurvedic medicine). Comprised of hair, body and face oils, this skin-care collection founded by a mother-daughter duo has you covered from head to toe, literally. We love the sensorial plant-based formulations that leave behind a soft fragrance and feel luxurious on the skin while delivering real results.

COOK THE COVER

brunch perfection

Tender-crisp asparagus topped with a poached egg and homemade croutons? Count us in!

RECIPE MARIE-ÈVE LAFORTE | **PHOTOGRAPHY** TANGO | **FOOD STYLING** NATALY SIMARD | **PROP STYLING** CAROLINE SIMON

ASPARAGUS & POACHED EGGS

MAKES 2 SERVINGS
HANDS-ON TIME 25 MINUTES
TOTAL TIME 25 MINUTES

2	slices country-style bread
2 tbsp	olive oil
1	clove garlic, finely grated
salt and pepper	
1	bunch fresh asparagus, trimmed
1 tbsp	white vinegar
2	eggs
Tarragon Vinaigrette (recipe, this page)	
Parmesan shavings	
microgreens (optional)	
edible flowers (optional)	

Preheat oven to broil. Cut bread in 1/2-inch cubes. Drizzle with olive oil, sprinkle with garlic and season with salt and pepper; toss to coat. Spread in single layer on baking sheet. Broil on upper rack of oven, stirring halfway through broiling time, until croutons are crisp and golden, 2 to 3 minutes; set aside.

In saucepan of boiling salted water, cook asparagus until tender-crisp, 3 to 5 minutes. Immediately transfer to bowl of ice water. Let sit for 1 minute; drain, pat asparagus dry and set aside.

In large saucepan or deep skillet, pour in enough water to come 2 to 3 inches up side. Bring to simmer over medium-high heat; add vinegar. One at a time, crack eggs into small cup, then gently slide into simmering water. Reduce heat to low; cook until egg whites are set but yolks are still soft, 3 to 4 minutes. Using slotted spoon, transfer to paper towel-lined baking sheet.

Divide asparagus among plates and top with poached eggs. Drizzle with Tarragon Vinaigrette and sprinkle with reserved croutons and Parmesan shavings, and microgreens and edible flowers, if using. Season with salt and pepper.

PER SERVING about 650 cal, 14 g pro, 55 g total fat (9 g sat. fat), 26 g carb (6 g dietary fibre, 5 g sugar), 185 mg chol, 350 mg sodium, 4.5 mg iron.

Tarragon Vinaigrette In small bowl, whisk together 1/4 cup olive oil, 2 tbsp red wine vinegar, 1 tbsp each lemon juice, finely chopped shallot and finely chopped fresh tarragon, and 1 tsp Dijon mustard. Season with salt and pepper. *(Make-ahead: Can be covered and refrigerated for up to 3 days.)* Makes 1/2 cup.

PLATE, ATELEI

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look of the month

LIFTED CHEEKS

We're often told to apply blush on the apples of our cheeks, but for a more lifted look, apply the colour along your cheekbones instead, blending upward toward your temples.

fashion & beauty

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PHOTOGRAPHY, ANDRÉANNE GAUTHIER/C. PHOTOGRAPHY ASSISTANT, VANESSA BROSSARD. MODEL, MAYA (EDITING). MAKEUP, MARTINE L'HEUREUX

now trending

The hottest products
and the latest news from
the world of beauty.

BON VOYAGE

FOR WEEKENDS AWAY, ROAD TRIPS OR LONG-HAUL FLIGHTS, THESE ESSENTIALS ARE PERFECT FOR TRAVELLING LIGHT.

SUMMER FRIDAYS
JET LAG MASK
MASQUE

Give your skin some love during a long flight with this skin-soothing mask chock full of niacinamide, glycerin, hyaluronic acid and antioxidants.

SUMMER FRIDAYS Mini Jet Lag Mask, $35, sephora.ca.

This shampoo with plant-based glycerin and conditioner with wheat protein and sweet almond oil double down on hydration for shiny locks.

ETAT D'ESPRIT Vacation Kit, $24, etatdesprit.ca.

everist
THE BODY WASH CONCENTRATE MINI
CONCENTRÉ DE NETTOYANT POUR LE CORPS FORMAT MINI
20ml · 0.7floz

When there's no room in your carry-on for bulky bottles, try this travel tin of body wash concentrate that's small enough to tuck in your pocket.

EVERIST The Body Wash Concentrate Mini, $12, helloeverist.com.

Keep your skin feeling comfortable and moisturized without worrying about a dreaded spill in your luggage with this handy lotion bar.

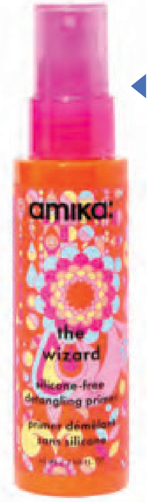
THE UNSCENTED COMPANY Nourishing Lotion Bar, $23, unscentedco.com.

THE UNSCENTED COMPANY
LOTION BAR
LOTION EN BARRE
70 g
(2.5 oz)

rms
A Little Lip2Cheek Kit
Un Mini Kit Lip2Cheek

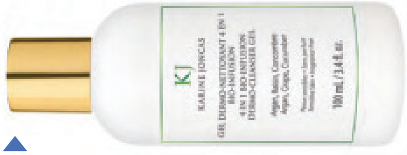
Compact and practical, this trio, comprised of dusty rose, bold red and matte berry shades, can be used on cheeks and lips to complete your look in a snap.

RMS BEAUTY A Little Lip2Cheek Kit, $47, etiket.ca.


amika
the wizard

This pocket-size hair saviour is a heat protectant, detangler and frizz fighter all in one, making it the perfect product to pop into your weekender bag.

AMIKA The Wizard Mini Detangling Primer, $22, sephora.ca.


KJ
KARINE JONCAS

This nourishing cleanser will also replace the makeup remover and toner in your toiletry bag, lightening your load and saving room in your suitcase for souvenirs!

KARINE JONCAS 4 in 1 Bio-Infusion Dermo-Cleanser Gel, $8, karinejoncas.ca.

TEXT, CHRISTINA ZISKO, WITH FILES FROM ELISE FIOLA

under the sea

IRIDESCENT FINISHES, CAPTIVATING JEWEL TONES AND A DASH OF SPARKLE COME TOGETHER TO CREATE LOOKS INSPIRED BY MYTHICAL MERMAIDS.

1

1. Channel your inner mermaid with jewel tones like purple, teal, gold and emerald that evoke the ocean and the iridescent sheen of scales. Made to mix and match, experimenting with these metallic shades is half the fun.

PAT McGRATH LABS Blitz Astral Quad Eyeshadow Palette in Nocturnal Nirvana, $82, patmcgrath.com.

2
MARCELLE SKINCARING
GLOW ENHANCER AND PRIMER
BASE DE TEINT ÉCLAT

2. Keep your makeup in place all day with this primer that delivers a sheer glow for luminous radiance, guaranteed.

MARCELLE Skincaring Glow Enhancer and Primer, $21, marcelle.com.

3
19/99
HIGH-SHINE GLOSS
BRILLANT INTENSÉMENT BRILLANT

3. For a dreamy ethereal effect, look no further than this multifunctional gloss. Made with ceramides for hydration and infused with small flecks of mica for a dewy finish, it dazzles on cheekbones, eyelids and anywhere you want some extra shine.

19/99 BEAUTY High-Shine Gloss in Glass, $26, 1999beauty.com.

4

4. As the name suggests, this pearlescent lippie delivers a brilliant, glass-like finish while moisturizing and nourishing your pout with cocoa butter and coconut oil.

BLOOM Brilliant Gloss in Cherry, $26, selfcarebybloom.com.

5
Annabelle
Perfect Highlight
Highlighting Powder
Poudre illuminatrice

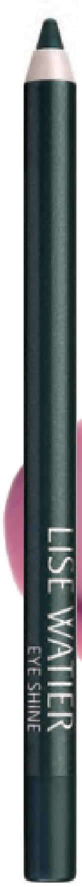
5. Whether applied to the high points of the face or all over the body, this dazzling highlighter delivers an otherworldly sparkle that's sure to turn heads.

ANNABELLE Perfect Highlight Highlighting Powder in Golden Diamond, $9.50, shoppersdrugmart.ca.

6
NUDIES BLOOM
ALL OVER DEWY COLOR
COULEUR EFFET BRILLANT POUR L'ENSEMBLE DU VISAGE

6. Apply this cool-toned blush balm on your cheeks, lids and lips for a wash of colour and brightness. Bonus: The handy stick has a built-in makeup brush for flawless blending every time.

NUDESTIX Nudies Bloom in Lilac Love, $43, nudestix.ca.


7
LISE WATIER
EYE SHINE

7. This buttery smooth liner illuminates with its pearlescent finish. A dash at the lash line or applied all over—it's the final touch you didn't know you needed.

WATIER Eye Shine Pencil in Vert Sarcelle, $31, watier.com.

TEXT, CHRISTINA ZISKO, WITH FILES FROM KELLY-ANN NEELEY

curl power

For all their bounciness and beauty, curls can be finicky and tough to manage, but the right routine can help you take control of your mane and reveal your best curls yet.

TEXT, CHRISTINA ZISKO, WITH FILES FROM ISABELLE VALLÉE. PHOTOGRAPHY, EAGL PRODUCTIONS. HAIRSTYLING, MAGALI FADDOUL. MODELS, ROYA DARDARI (WHITE SHIRT), JASMINE BAXTER (STRIPED SHIRT)

PRO TIP

For more manageable locks in the morning, try sleeping on a silk pillowcase. The smoother surface reduces friction for fewer tangles, less breakage and frizz and more softness and shine. Silk absorbs less moisture than materials like cotton, which means more moisture stays in your hair. Another option is a silk or satin bonnet that also helps protect hair while you're catching z's.

When it comes to curly hair, the name of the game is hydration. Curly locks tend to be drier than straight because the natural curves and waves prevent the scalp's sebum from reaching the end of each strand. This sebum helps bring shine to the hair and offers protection against external aggressors and frizz, so it's important to prioritize moisture in your routine to pick up the slack.

THE RIGHT ROUTINE

When it comes to washing, a double shampoo can help keep your scalp and hair at their best. The first shampoo removes excess oil and buildup, while the second more deeply cleanses and nourishes your locks. You can use the same shampoo twice or start with a clarifying variety before doing your second wash with a product made for your specific hair goals like volume, shine or hydration. Always choose a sulfate-free shampoo to keep from stripping your strands, and follow with a conditioner applied to the lengths, paying special attention to the ends. This helps prevent frizz, split ends and breakage while adding beautiful softness and shine. For drier hair types, treat yourself to a hair mask once a week for an extra boost of moisture.

When you hop out of the shower, wrap your hair in a microfibre towel or old cotton tee to absorb water and shorten drying time without creating frizz or disrupting your curl pattern. Then apply your curl cream, mousse or gel by gently raking it through your strands with your fingers and lightly scrunching your hair upward to encourage curl formation. If you choose to use a hair dryer, add a diffuser attachment to maintain definition as you dry. Flipping your head over while diffusing is a great way to get some extra volume if you're looking for maximum fullness.

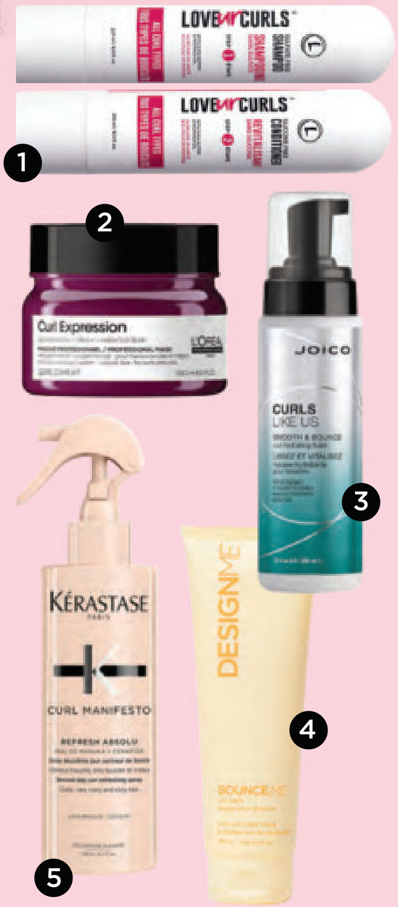
A TAILOR-MADE CUT

Behind every beautiful curly mane is always a good haircut! A stylist that specializes in curly cuts, haircutting techniques designed for curly hair, can help ensure you leave the salon happy. While a typical haircut begins on wet hair, curly cuts are usually done when the hair is dry and in its natural curl pattern. Doing this helps the stylist trim with your unique hair type in mind to achieve balance and volume while giving you the length you desire. After a shampoo, the stylist can make any final snips before you head out the door to enjoy your new 'do.

REFRESH YOUR CURLS

As your week progresses, curls can lose some of their initial definition while frizz increases. To refresh second- or third-day hair (and beyond!), use a spritz bottle to dampen the sections that need a boost before applying a gel or curl reviver with your hands and scrunching the hair or reshaping the curls around your fingers.

Our product picks



1. LUS Love Ur Curls Sulfate-Free Shampoo and Silicone-Free Conditioner, $24 each, ca.lusbrands.com.🍁 **2. L'ORÉAL PROFESSIONNEL** Curl Expression Professional Mask, $55, matandmax.com. **3. JOICO** Curls Like Us Smooth & Bounce Curl Hydrating Foam, $26, chatters.ca. **4. DESIGNME** Bounce.Me Curl Balm, $29, designmehair.com.🍁 **5. KÉRASTASE** Curl Manifesto Refresh Absolu Second Day Curl Refreshing Spray, $65, kerastase.ca.

Wide awake

Look at your skin-care routine with fresh eyes to tackle dark circles and bags for good.

Dark circles and undereye bags are two of the most common cosmetic concerns around the eye area. Dark circles, which can range in colour from blue and purple to brown and black, can spring up for many reasons, including genetics, dermatitis, poor sleep, hyperpigmentation and even dehydration.

Undereye bags can result from the weakening of tissues and muscles around the eyes related to the natural aging process, but other factors like fluid retention, lack of shut-eye or genetics can also play a part. In most cases, dark circles and puffy undereye areas are purely a cosmetic concern, and don't require any type of intervention if you're not bothered by them. But if their look is making you feel less than your best, there are treatments available, both at home, in a salon or in-clinic, that can make a big difference.

A GENTLE TOUCH

The skin around the eye is much thinner than the skin on the rest of the face, so it's important to be especially gentle. Rough pulling, scrubbing and rubbing mean running the risk of creating micro-tears, breaking blood vessels and causing redness and sensitivity. Every step of your routine should involve a light touch.

When removing makeup, soak a cotton pad with your favourite makeup remover, press it onto your closed lid for a few seconds and wipe away shadow, liner and mascara with small, light movements from the inner to the outer corners.

Making a few tweaks to your lifestyle and habits can also deliver real results, like getting proper sleep, keeping hydrated and quitting smoking, as well as a bit of self-pampering with regular facial massages. This can be done with your fingers or a gua sha tool, which helps to stimulate blood circulation and promote lymph drainage around the eyes.

IDEAL INGREDIENTS

LOOKING TO FIGHT DARK CIRCLES, BAGS OR TIRED-LOOKING EYES? HERE ARE SOME HELPFUL INGREDIENTS TO REACH FOR.

VITAMIN C reduces hyperpigmentation, brightens the skin and protects against free radicals.

NIACINAMIDE boosts circulation and supports proper barrier function.

HYALURONIC ACID hydrates the eye area and improves the look of hollowness.

LICORICE ROOT helps even out skin tone and decrease unwanted pigmentation.

CAFFEINE tightens blood vessels and fights fluid retention.

RETINOL stimulates collagen production and firms the skin.

OUR PRODUCT PICKS

1. With your ring finger, lightly tap in this cream that stimulates the production of collagen and elastin, decreases puffiness and firms the eye area.

VERIPHY SKINCARE 20/20 Eye Cream, $98, veriphyskincare.com.🍁

2. Canadian cranberries and Labrador tea extract deliver serious antioxidant power to target puffiness, dark circles, dullness, sagging and wrinkles.

WATIER Age Control Supreme Sublime Advanced Global Eye Care, $93, watier.com.🍁

3. Give yourself a boost of hydration with this serum designed to smooth the look of fine lines and wrinkles in just 15 minutes.

EDITH SEREI Eye Contour Hyaluronic Serum, $67, edithserei.com.🍁

4. This little jar contains 30 pairs of biodegradable patches that refresh and rejuvenate the delicate undereye area with niacinamide, licorice root extract and the peptide argireline.

INDEED LABORATORIES Snoxin II Under Eye Patches, $20, indeedlabs.com.🍁

5. Promote lymphatic drainage by massaging your face with a gua sha tool. Bonus: Put your gua sha in the fridge before using for a cooling and depuffing undereye massage.

ROCKY MOUNTAIN SOAP Gua Sha Tool, $34, rockymountainsoap.com. 🍁

1
VERIPHY
20/20
EYE CREAM
CRÈME POUR LES YEUX
2
WATIER
Age Control Supreme
3
DISTINCTION
Edith Serei
SÉRUM HYALURONIQUE CONTOUR DES YEUX
EYE CONTOUR HYALURONIC SERUM
4
indeed
snoxin™ II under eye patches
For fine lines, puffiness and dark circles
5

TEXT, CHRISTINA ZISKO. WITH FILES FROM ELISE FIOLA. PHOTOGRAPHY, ADOBESTOCK/E (WOMAN, SYRINGE)

IN-CLINIC OPTIONS

IF YOU'RE LOOKING TO GIVE YOUR EYE AREA A PICK-ME-UP WITH A PROFESSIONAL APPOINTMENT, THERE ARE A RANGE OF SALON TREATMENTS AND TARGETED MEDICAL-AESTHETIC PROCEDURES TO CHOOSE FROM.

MICRONEEDLING

WHAT IS IT? This minimally invasive treatment uses tiny needles to create micro-punctures in the skin that stimulate the production of collagen and elastin to promote cell regeneration and boost circulation.

WHO IS IT FOR? Microneedling is great for those who want to improve the overall appearance of the skin around the eyes, as the procedure targets dark circles, bags, hyperpigmentation and fine lines.

RESULTS: After a couple of weeks you'll begin to notice improvements, but the most noticeable changes will occur after about a month. For the best results, a treatment regimen of four to six sessions is recommended, with maintenance sessions once or twice a year afterward.

RECOVERY: You may experience slight redness, swelling or itching after the session, but these side effects are generally mild and last only a few days. Take time to follow the aftercare advice provided by your practitioner, which usually includes cleansing after the treatment and avoiding makeup for at least a day, in order to prevent irritation and infection.

COST: A microneedling session can vary in price from about **$200 to $500** per session, but your medical spa or salon may offer discounted packages for multiple treatments.

BOTULINUM TOXIN INJECTION (BOTOX)

WHAT IS IT? This in-office treatment uses an injectable protein called botulinum toxin to block the signal from nerves to muscles that causes them to contract. These injections can be used to relax the muscles around the eyes and lessen the appearance of crow's feet, wrinkles and fine lines. Medically, Botox can be used to treat migraines, arthritis and other concerns.

WHO IS IT FOR? This treatment can be especially effective for those who want to smooth out lines around the eyes for a more fresh-faced look.

RESULTS: You should see visible results after a few days, but it can take up to two weeks to see the full effect. The smoothing benefits of these injections typically last about three or four months before gradually wearing off.

RECOVERY: After your injections you may experience a headache and swelling, bruising or redness at the injection sites, but these side effects are normal and will only last a few days. As with any procedure, it's important to go to a reputable clinic to ensure the right dose is used in the right areas. There's no downtime needed for these injections, so getting treated on your lunch break is a breeze.

COST: **$200+**, depending on the number of areas treated and desired results.

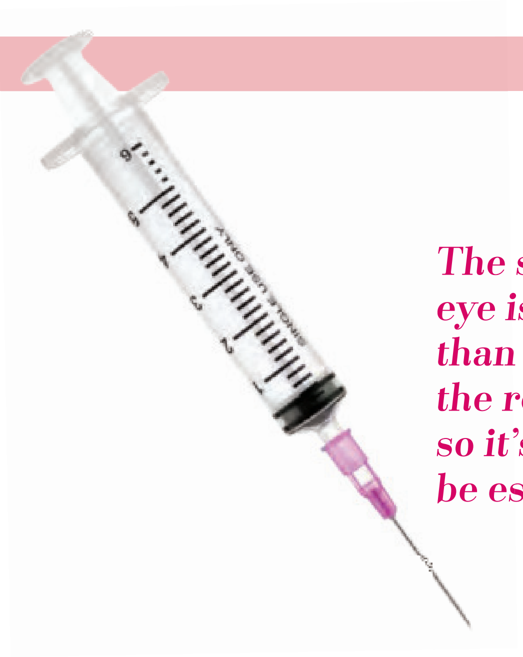
FILLERS

WHAT IS IT? Dermal fillers are injections that can restore volume and smooth wrinkles. Fillers can be made of a variety of substances, but hyaluronic acid is typically used for treatments under the eye. While fillers won't address hyperpigmentation, they can help minimize the look of dark circles by removing shadows under your eyes.

WHO IS IT FOR? Fillers can work well for those who have under-eye hollowness that causes shadows and the appearance of dark circles.

RESULTS: Undereye filler can last from six months to over a year, but it can take up to a

In most cases, dark circles and puffy undereye areas are purely a cosmetic concern, and don't require any type of intervention if you're not bothered by them.



The skin around the eye is much thinner than the skin on the rest of the face, so it's important to be especially gentle.

month to see the final result.

RECOVERY: You'll be able to get right back to your routine after getting undereye filler, but it's common to experience some mild swelling, bruising or tenderness in the first couple of days.

COST: Pricing can range from **$500 to $1,000 per syringe**, with most sessions requiring one or two syringes depending on the desired results.

PLATELET-RICH FIBRIN (PRF)

WHAT IS IT? For this treatment, a blood sample is taken from the patient and put through a centrifuge (a device that spins in order to separate substances), which isolates the fibrin so it can be injected into the treatment areas. This fibrin has a high concentration of platelets and growth factors that can help boost collagen and elastin production and tissue repair to improve texture, skin thickness, wrinkles and dark circles.

WHO IS IT FOR? PRF is a viable option for those looking to give their undereye area a rejuvenating boost without the use of synthetic ingredients. A consultation with a professional will ensure you're a candidate for the treatment, ruling out contraindications like blood disorders, pregnancy and hormone therapy.

RESULTS: For optimal results, a treatment plan of three or four sessions is usually recommended, with maintenance treatments scheduled once or twice a year afterward. Expect to see some results within a few weeks of your injections, which will continue to improve for about three to six months.

RECOVERY: Tenderness, swelling or bruising may occur at the injection sites, but most people can get back to their normal routine right away.

COST: Each session can cost from **$600 to $1,000+**, depending on location and the number of areas being treated, but there are often discounts available for multiple sessions.

KEEP IN MIND

IF YOU'RE NOT GETTING THE RESULTS YOU DESIRE FROM PRODUCTS OR SALON TREATMENTS AND WANT A MORE PERMANENT SOLUTION, OR FIND THAT SAGGING AROUND THE EYES IS IMPAIRING YOUR PERIPHERAL VISION, THERE IS A SURGICAL OPTION TO CONSIDER.

LOWER BLEPHAROPLASTY SURGERY

WHAT IS IT? This is a surgical procedure to remove or reposition excess skin, fat or muscle under the eyes. It can be performed under local or general anesthesia, with the goal of improving the appearance of bags, achieving a more rested and "awake" look.

WHO IS IT FOR? It's commonly recommended to those who are experiencing unwanted bags or puffiness due to aging or genetics.

RESULTS: While exact outcomes can vary on a case-by-case basis, you can expect long-term benefits from your blepharoplasty that improve the look of puffiness and sagging.

RECOVERY: Downtime after a lower blepharoplasty usually lasts two to three weeks, and the healing process can include swelling, bruising, discomfort and dry eyes. You'll see an improvement right away but expect to see the final results after two to three months.

COST: About $5,000 to $10,000 depending on location and complexity.

showered with benefits

OLAY Super Serum Body Wash, olay.ca.

We bet you're pretty darn good at taking care of your face these days—cleansing, toning, moisturizing and protecting your skin to keep it healthy and nourished. But what about the rest of your body? Chances are, a slick of soap and a swipe of moisturizer is as good as it gets. With the weather heading into short skirt, sleeveless top and swimsuit territory, though, now's the time to give yourself a little more all-over TLC. Enter Olay Super Serum—an innovative new body wash that features a combination of moisturizers and five powerful skin-care ingredients in a formulation designed to reveal a luminous you every day.

5 SUPER INGREDIENTS

Olay Super Serum Body Wash offers up five game-changing skin-care ingredients combined with moisturizers in one product, including niacinamide, beta hydroxy acid (BHA), collagen peptide, vitamin C and vitamin E. Even if you're already invested in a tip-to-toe body-care routine, you'll be impressed with this easy-peasy all-in-one champion that visibly improves skin.

14 DAYS TO VISIBLE RESULTS

Irritating dry skin, dullness and rough patches are par for the course after our bodies have been subjected to harsh winter weather. With Olay Super Serum Body Wash, you'll notice 5 visible skin-care benefits in as little as 14 days—it firms, smooths, brightens, hydrates and evens. What's more? All three formulations (Normal, Extra Dry and Rough & Bumpy) have been tested by dermatologists to be suitable for all skin types, so you can lather, rinse and repeat with confidence.

24 HOURS OF HYDRATION

Lather up with this luxurious, silky blend of revolutionary skin-enhancing ingredients and lock in hydration for a full 24 hours. The pros at Olay, backed by 70 years of industry leading skin research, developed their Super Serum Body Wash with advanced skin-delivery technology so you'll see the difference and get the skin care you deserve.

PHOTOGRAPHY, SHUTTERSTOCK/E

SKINCARE
Super
POWER
FOR YOUR SHOWER!
5+ INGREDIENTS for LUMINOUS SKIN
OLAY
Super
SERUM
BODY WASH
for Normal Skin
Serum Complex with:
Niacinamide
BHA
Collagen Peptide
Vitamin C
Vitamin E
OLAY
BODY

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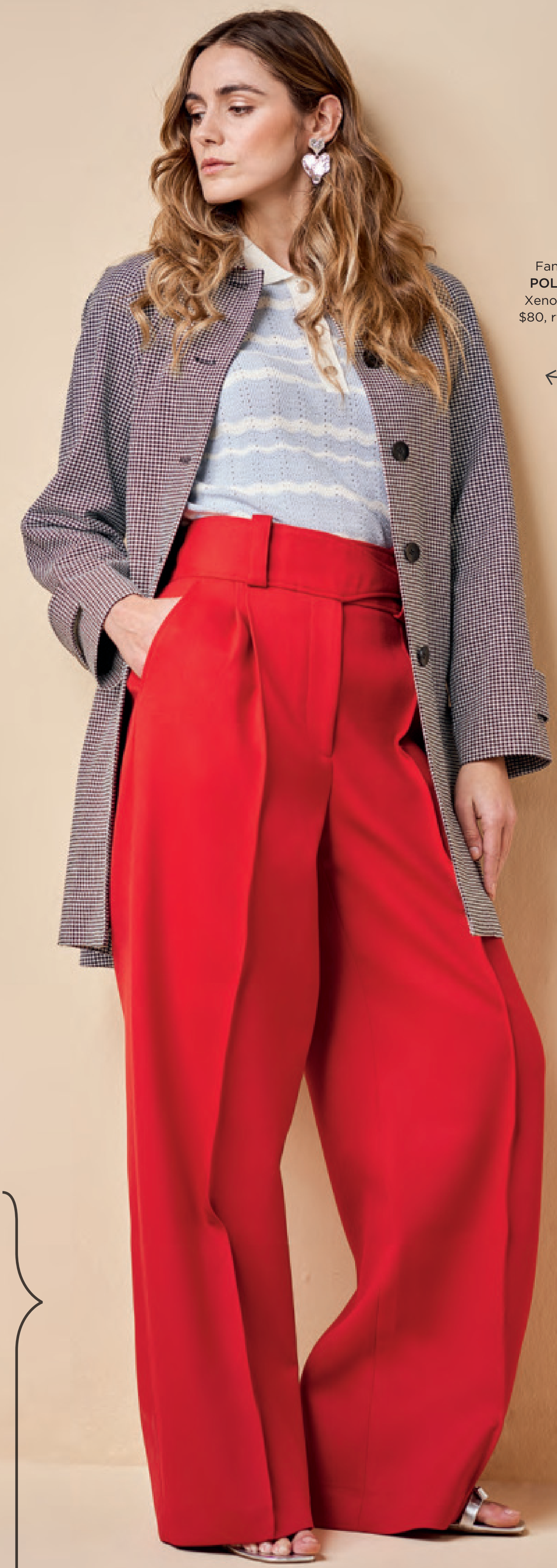
ONE POLO SHIRT

3 LOOKS

We're taking the preppy polo off-campus with three outfits you'll want to rock every day.

TEXT CHRISTINA ZISKO



Fancy Striped **POLO SHIRT** in Xenon Blue Multi, $80, rw-co.com.🍁

work

For legs that go on for days, choose high-waisted trousers with a hem that elegantly sweeps the floor. For an extra elongating effect, pick a pleated style—the vertical lines give the illusion of length, which is universally flattering.

Aldo **PANTS** in Red, $255, sezane.com. Cotton **JACKET**, $250, tristanstyle.com.🍁 Ryan Silver-Plated Recycled Heart **EARRINGS**, $59, pilgrim.ca.🍁 **SANDALS**, $50, winners.ca.🍁

PRODUCER, ISABELLE VALLÉE. PHOTOGRAPHY, JULIEN FAUGÈRE/C. STYLING, CAMILLE INTERNOSCIA. MODEL, DIMITRA (NEXT). MAKEUP, NATHALIE DODON

Along with pleated skirts and cable knit sweaters, polo shirts are essential to a preppy wardrobe. With stripes and a trio of buttons, this top embodies the classic appeal of this style but is made more modern and feminine with a wavy pattern, crocheted look and pastel hues. Here's how to add a polo to your repertoire.

weeknight

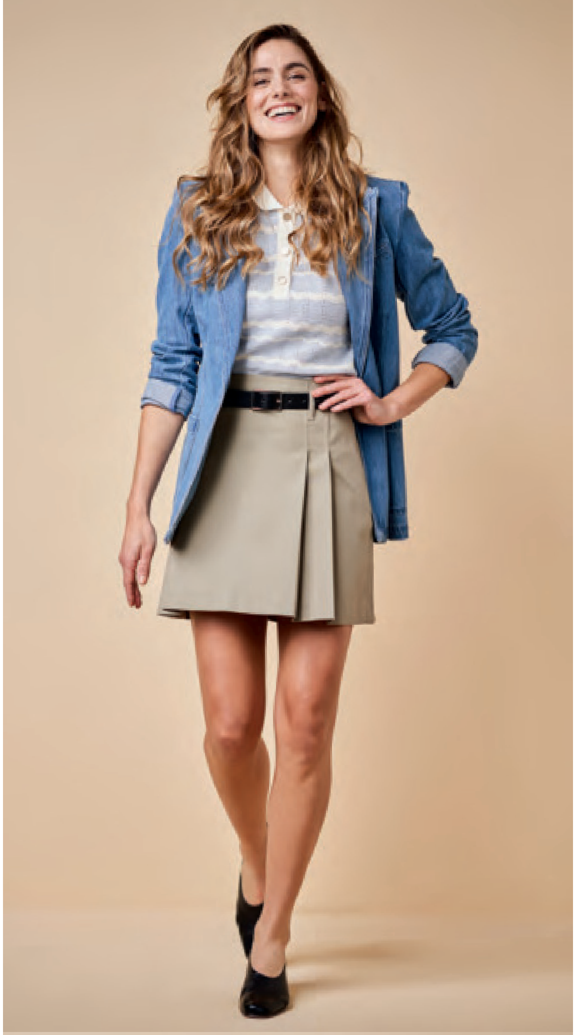
Compared to a traditional jean jacket, this denim blazer's structured silhouette instantly elevates the polo for both work and play. Complete the look with a khaki pleated skirt for an ensemble that screams prep from head to toe.

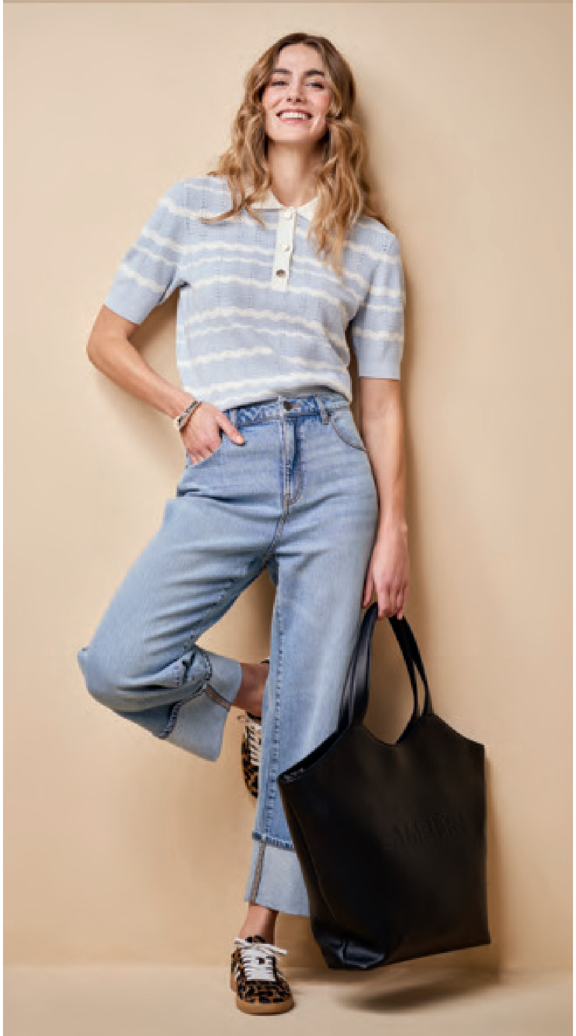
Denim **BLAZER** in Medium Wash, $170, Cotton Pleated A-Line **SKIRT**in Laurel Oak, $90, rw-co.com.🍁 Leather **BELT**, $55, tristanstyle.com.🍁 Velada Leather Ballet **FLATS** in Black, $220, maguireshoes.com.🍁

weekend

Don your polo with a pair of loose-fitting jeans for easygoing allure that's perfect for a low-key weekend. Plus, these fun leopard-print sneakers (proof that animal print is always in!) and sleek black tote provide just the right amount of colour contrast.

Ultra High Waist Straight Leg **JEANS** with Rolled Cuffs in Medium Wash, $90, rw-co.com.🍁 Dune Silver-Plated Recycled Chunky Bangle **BRACELET**, $69, pilgrim.ca.🍁 Sheila Vegan Leather **TOTE BAG** in Black, $155, designlambert.com.🍁 Chicsneaker **SNEAKERS** in Leopard Leather Pony Hair, $120, aldoshoes.com.🍁





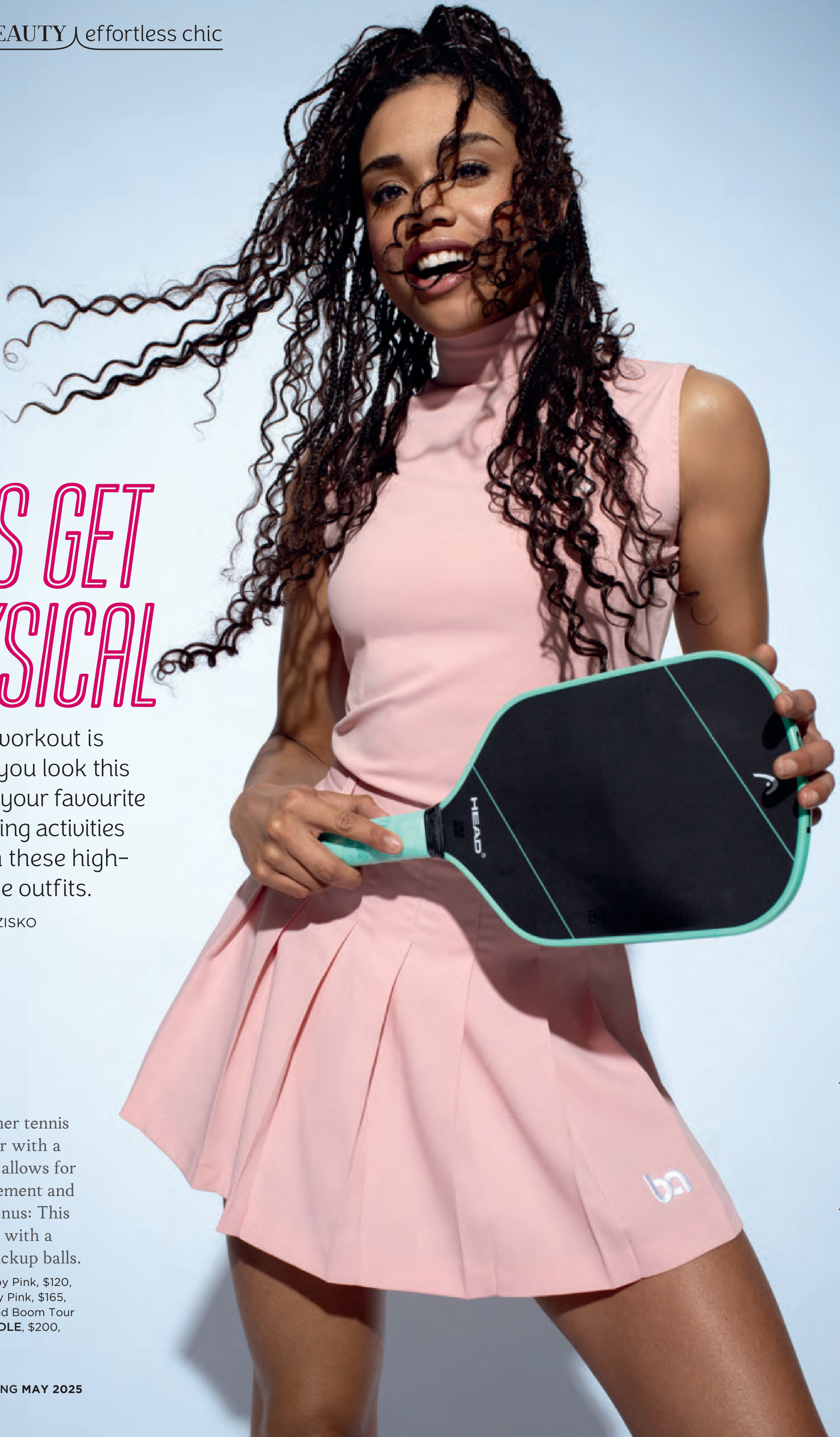
GET THE LOOK

Feeling inspired? There are plenty of stylish polo shirts on the market.

Slim Fit Mini Piqué **POLO SHIRT** in Pink, $125, lacoste.com.

Ribbed **POLO SHIRT** in Cream/Striped, $25, hm.com/ca.

Sunday Best Reader **POLO SHIRT** in Admiral/White, $40, aritzia.com.🍁



LET'S GET PHYSICAL

Fitting in a workout is easy when you look this good. Enjoy your favourite heart-pumping activities in style with these high-performance outfits.

TEXT CHRISTINA ZISKO

Nothing but net

Channel your inner tennis or pickleball star with a flowy skort that allows for freedom of movement and breathability. Bonus: This style also comes with a pouch to hold backup balls.

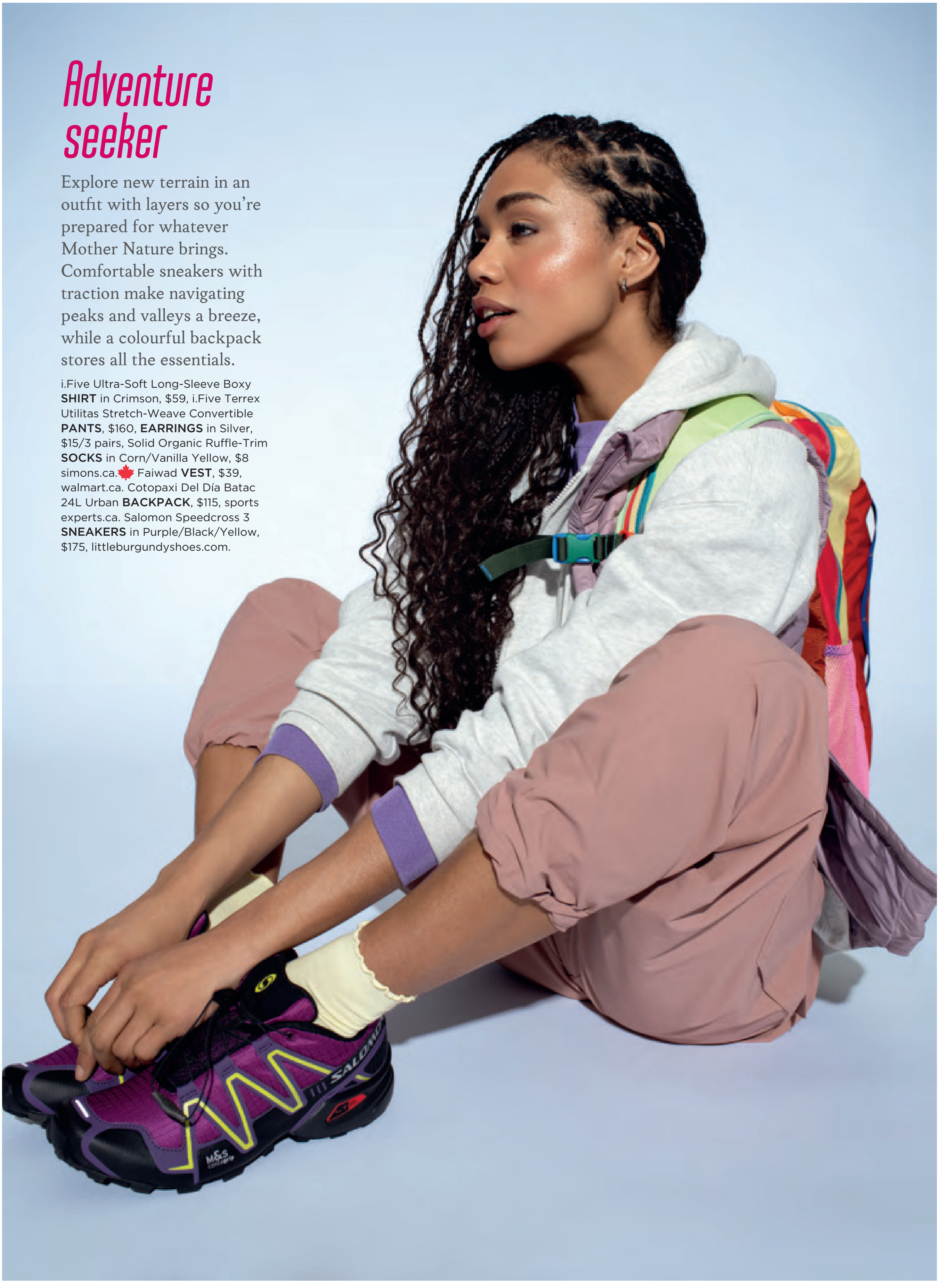
Sleeveless **TOP** in Baby Pink, $120, Pleated **SKIRT** in Baby Pink, $165, bovactive.com.🍁 Head Boom Tour Ex **PICKLEBALL PADDLE**, $200, sportsexperts.ca.

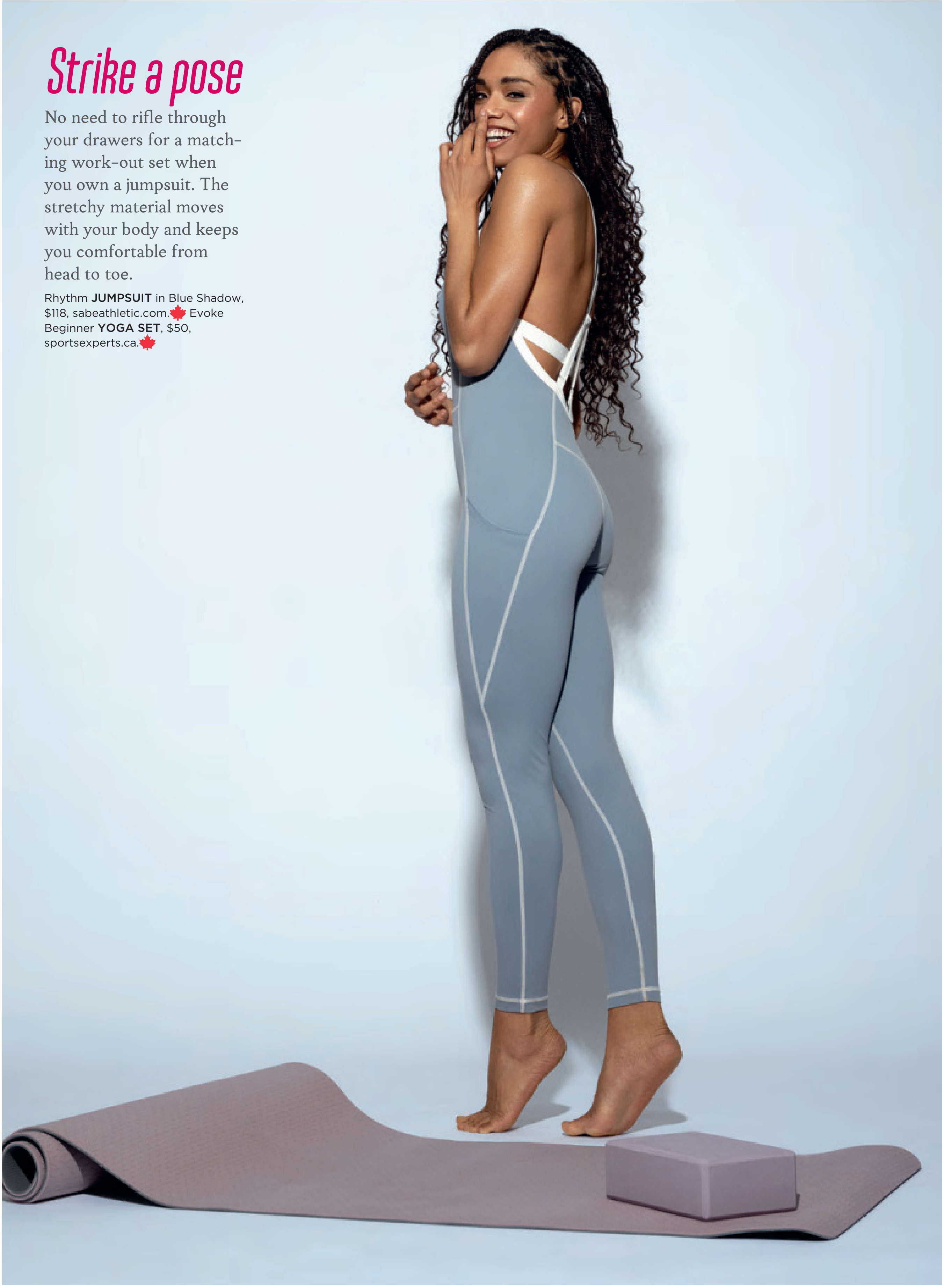
PRODUCER, ISABELLE VALLÉE. PHOTOGRAPHY, ANDRÉANNE GAUTHIER/C. PHOTOGRAPHY ASSISTANT, VANESSA BROSSARD. STYLING, CAMILLE INTERNOSCIA. MODEL, AMÉLIE PM (EDITING). MAKEUP, ANAÏS CÔTÉ

Adventure seeker

Explore new terrain in an outfit with layers so you're prepared for whatever Mother Nature brings. Comfortable sneakers with traction make navigating peaks and valleys a breeze, while a colourful backpack stores all the essentials.

i.Five Ultra-Soft Long-Sleeve Boxy **SHIRT** in Crimson, $59, i.Five Terrex Utilitas Stretch-Weave Convertible **PANTS**, $160, **EARRINGS** in Silver, $15/3 pairs, Solid Organic Ruffle-Trim **SOCKS** in Corn/Vanilla Yellow, $8 simons.ca.🍁 Faiwad **VEST**, $39, walmart.ca. Cotopaxi Del Día Batac 24L Urban **BACKPACK**, $115, sportsexperts.ca. Salomon Speedcross 3 **SNEAKERS** in Purple/Black/Yellow, $175, littleburgundyshoes.com.

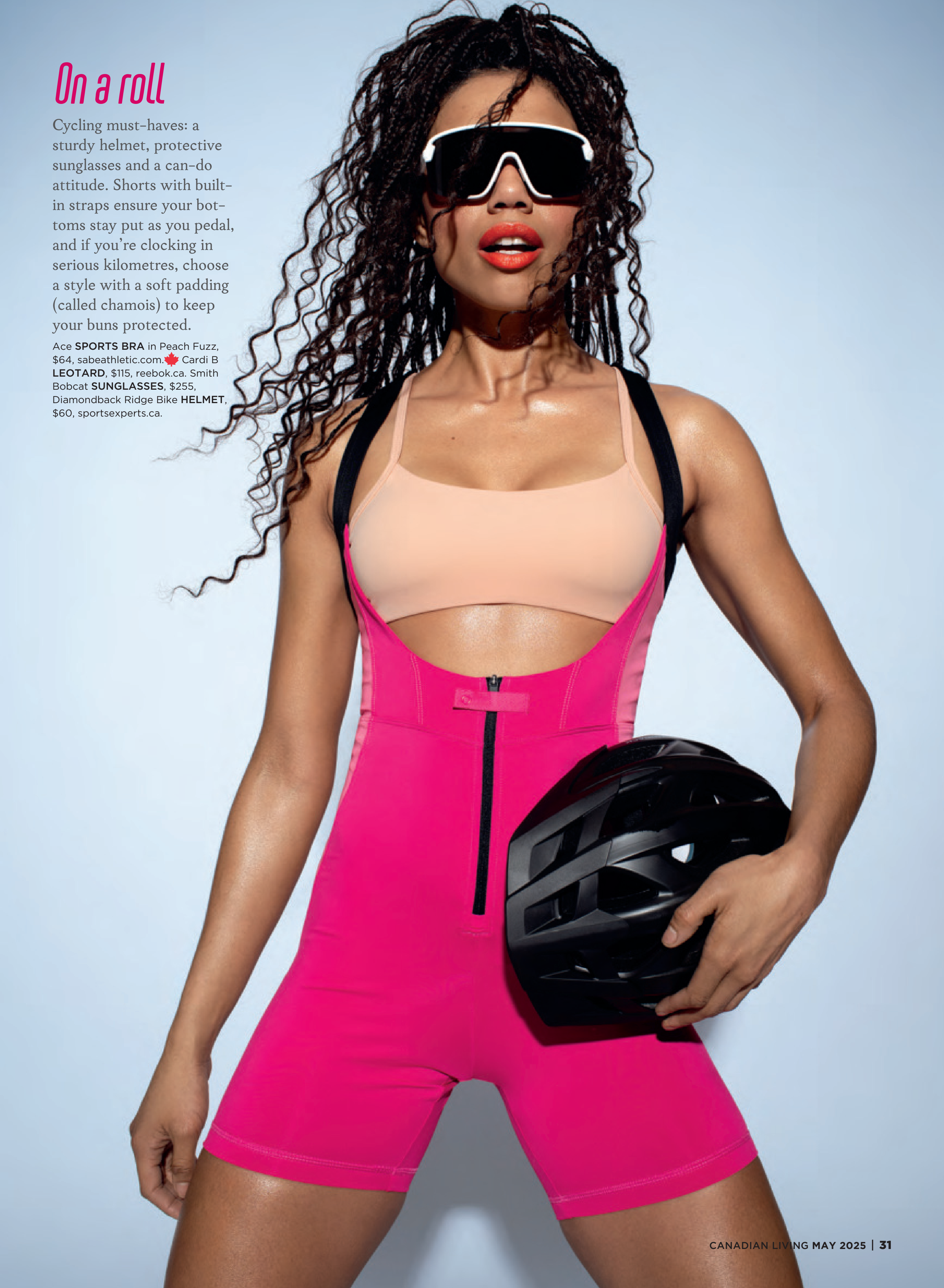




Strike a pose

No need to rifle through your drawers for a matching work-out set when you own a jumpsuit. The stretchy material moves with your body and keeps you comfortable from head to toe.

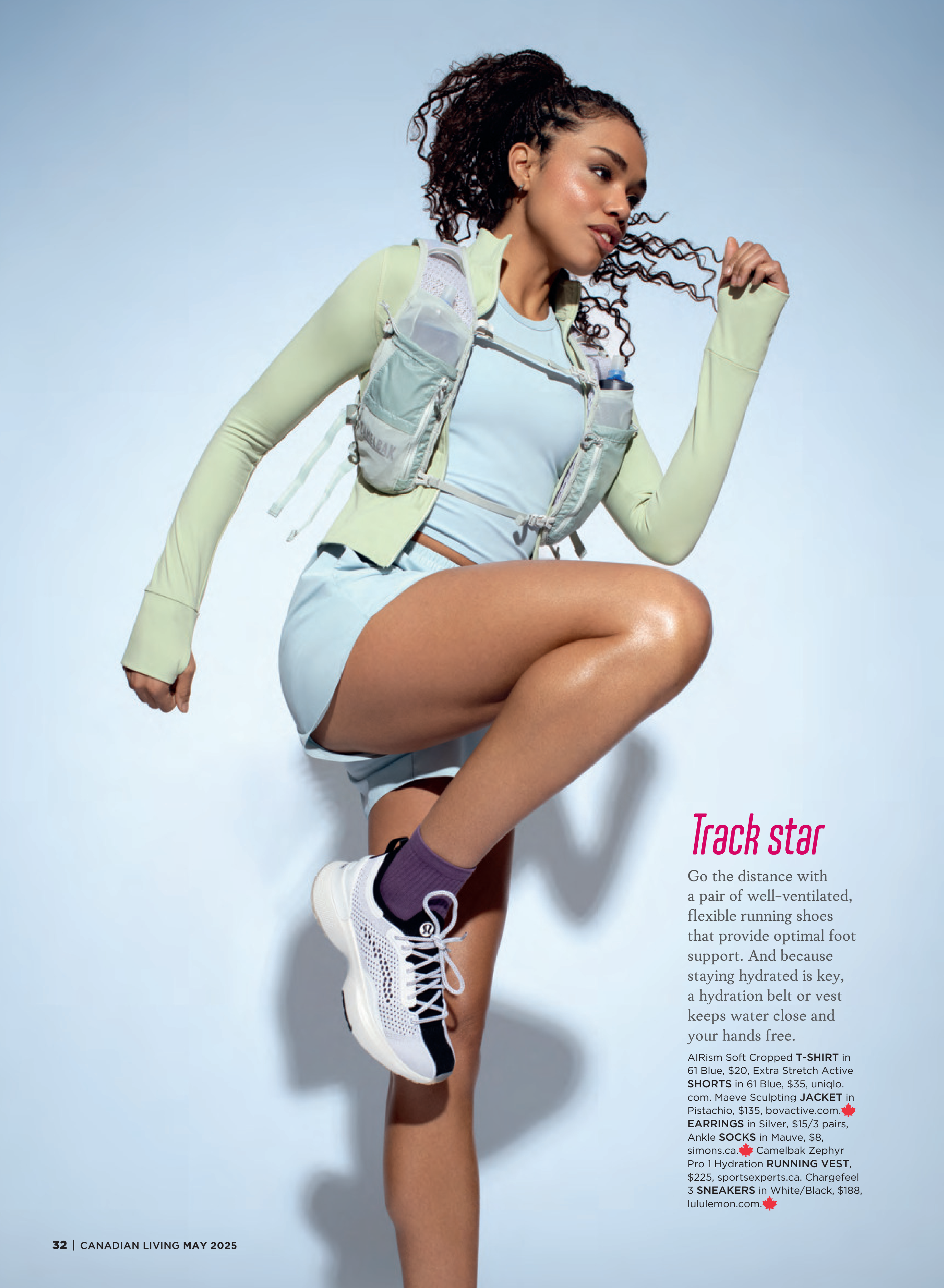
Rhythm **JUMPSUIT** in Blue Shadow, $118, sabeathletic.com.🍁 Evoke Beginner **YOGA SET**, $50, sportsexperts.ca.🍁



On a roll

Cycling must-haves: a sturdy helmet, protective sunglasses and a can-do attitude. Shorts with built-in straps ensure your bottoms stay put as you pedal, and if you're clocking in serious kilometres, choose a style with a soft padding (called chamois) to keep your buns protected.

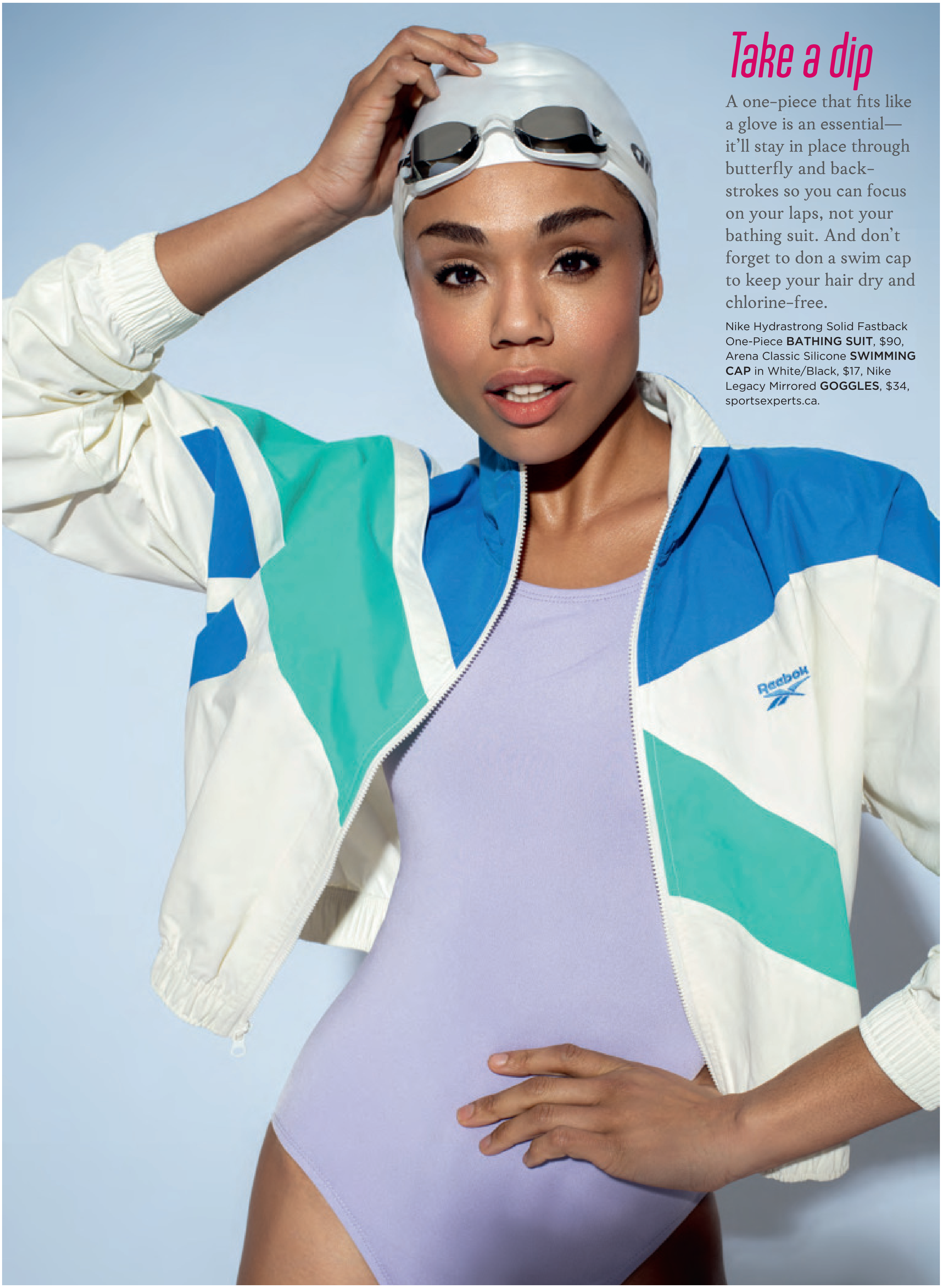
Ace **SPORTS BRA** in Peach Fuzz, $64, sabeathletic.com.🍁 Cardi B **LEOTARD**, $115, reebok.ca. Smith Bobcat **SUNGLASSES**, $255, Diamondback Ridge Bike **HELMET**, $60, sportsexperts.ca.



Track star

Go the distance with a pair of well-ventilated, flexible running shoes that provide optimal foot support. And because staying hydrated is key, a hydration belt or vest keeps water close and your hands free.

AIRism Soft Cropped **T-SHIRT** in 61 Blue, $20, Extra Stretch Active **SHORTS** in 61 Blue, $35, uniqlo.com. Maeve Sculpting **JACKET** in Pistachio, $135, bovactive.com.🍁 **EARRINGS** in Silver, $15/3 pairs, Ankle **SOCKS** in Mauve, $8, simons.ca.🍁 Camelbak Zephyr Pro 1 Hydration **RUNNING VEST**, $225, sportsexperts.ca. Chargefeel 3 **SNEAKERS** in White/Black, $188, lululemon.com.🍁



Take a dip

A one-piece that fits like a glove is an essential—it'll stay in place through butterfly and back-strokes so you can focus on your laps, not your bathing suit. And don't forget to don a swim cap to keep your hair dry and chlorine-free.

Nike Hydrastrong Solid Fastback One-Piece **BATHING SUIT**, $90, Arena Classic Silicone **SWIMMING CAP** in White/Black, $17, Nike Legacy Mirrored **GOGGLES**, $34, sportsexperts.ca.

Sweat sesh

Treat yourself to fabrics with four-way stretch and moisture-wicking properties, which will keep you comfortable even during the most intense workouts.

UA Train Seamless Long Sleeve **TOP** in Silica Green/White, $60, HeatGear Shorty **SHORTS** in Silica Green/White, $35, underarmour.ca. **EARRINGS** in Silver, $15/3 pairs, simons.ca.🍁 PTP Powertube+ Heavy-Resistance **TUBE**, $37, sportsexperts.ca.

Clin d'œil

2025 EXPERTS' CHOICE

Beauty Awards

REGISTRATIONS CONTINUE
UNTIL MAY 16, 2025

**HAVE A BUSINESS AND
WANT TO PARTICIPATE?**

A jury made up of experts in the field of beauty will test and evaluate the registered products.

ELIGIBLE CATEGORIES

Makeup • Skin care • Body care
Hair care • Sun care

NEW CATEGORY

Professional care experience

Register now!
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Details and rules are on the website

FINISH
IT.
MARATHON
OF HOPE

Join us this year for a classic Canadian tradition. Register and fundraise for the 45th annual Terry Fox Run for cancer research on Sunday, September 14, 2025.

TERRY FOX STARTED A MARATHON AGAINST CANCER.
TOGETHER WE CAN END IT. TERRYFOX.ORG

TERRY FOX
FOUNDATION

motivation of the month

COUNT YOUR LUCKY STARS

Need a happiness boost? Try this effective exercise to lift your spirits and reduce depressive symptoms. Known by many names, three good things or a gratitude list involves reflecting on your day and jotting down three things that went well. These can be small, everyday events like enjoying a lunchtime walk, or significant milestones, such as getting a promotion. The next step is to consider why these moments felt positive. Typically done at the end of the day, it's even better to practice throughout the day. This exercise helps counteract negativity and trains your brain to focus on the positive. Give it a try and feel the difference!

life & community

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relationships 42

PHOTOGRAPHY, SHUTTERSTOCK

HIDDEN GEMS

From sleepy seaside towns to majestic landscapes, Canada boasts countless incredible places to explore—some of them you may never have heard of! Whether you're planning a trek across the country or simply want to round up the family for a weekend adventure, these are the underrated spots you won't want to miss.

TEXT SARA ROMANO

A bison in the prairies of Grasslands National Park

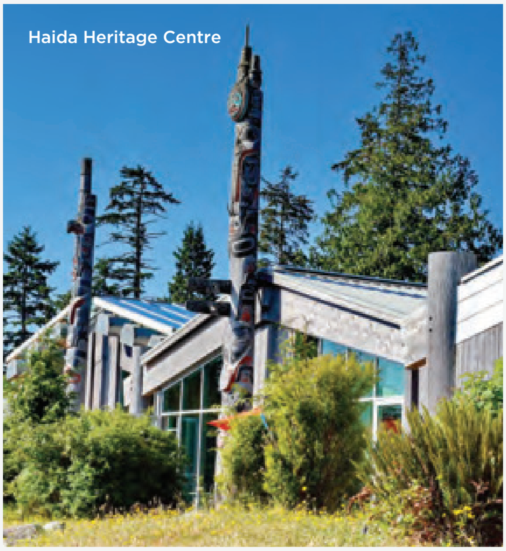
BRITISH COLUMBIA

HAIDA GWAII

for a rugged adventure

Haida Gwaii is a breathtaking archipelago off the coast of British Columbia. Translating to the "islands of the people," Haida Gwaii is the ancestral land of the Haida people and has a population of about 4,500. Begin your trip at the Haida Heritage Centre for an introduction to the local history and culture, including a museum and traditional totem pole and a canoe carving shed.

The islands are home to three main villages—HlGaagilda (Skidegate), Masset and the Village of Daajing Giids—offering quaint places to stay, such as the Copper Beech House in Masset, owned by Canadian poet Susan Musgrave. Kayak, surf, hike and boat your way around the rugged landscape, either on your own or on one of the many guided tours available. After exploring, indulge in fresh, tide-to-table seafood at Haida House.



Haida Heritage Centre

SASKATCHEWAN

GRASSLANDS NATIONAL PARK

for dinosaur fossils and stars

Are the wide-open, rolling prairies of Saskatchewan calling your name? Visit Grasslands National Park, located on the southern border of the province. It's one of the best places in the world to see the K-Pg boundary (a layer of soil that marks the end of the dinosaur age). Search for fossils and go geocaching to discover special places hidden in the park.

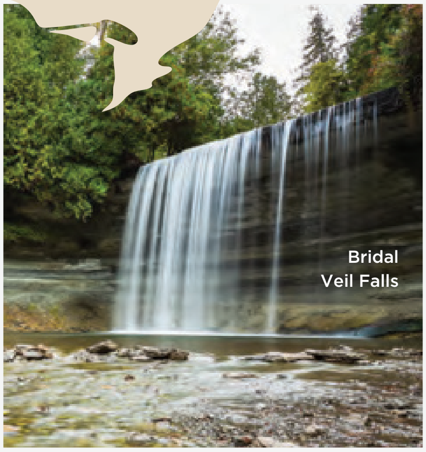
Keep your eyes peeled for all of the wildlife—you may see bison, bald eagles and antelope in their natural habitat. Amateur and professional astronomers can visit the Dark Sky Preserve at night for the most magical view of the stars. If you're short on time, spend a couple of hours hiking the 70 Mile Butte Trail up to the highest point in the area for stunning panoramic views.

PHOTOGRAPHY, SHUTTERSTOCK (B.C., SASK., MAN., QUE., NVT., N.S., N.W.T., Y.T.), ADOBE STOCK (ONT., ALTA., N.B., P.E.I., N.L.)

ONTARIO

MANITOULIN ISLAND

for delicious food and views



Bridal Veil Falls

A scenic drive on the Bruce Peninsula will lead you to the harbour town Tobermory. Here, hop on the iconic Chi-Cheemaun ferry to Manitoulin Island. Gaze out at the stunning blue water of Lake Huron along the way, then hit the ground running. The world's largest freshwater island is packed with trails, lookout points and Indigenous history. Visit Bridal Veil Falls for a selfie at the waterfall, and make sure to bring a towel for an afternoon at the sandy two-kilometre Providence Bay Beach.

Need a pick-me-up after a long day of adventuring? Grab a beer at the Split Rail Brewing Co., a scoop (or two!) of ice cream at 3 Cows and a Cone or Anishinaabe tacos at North 46.

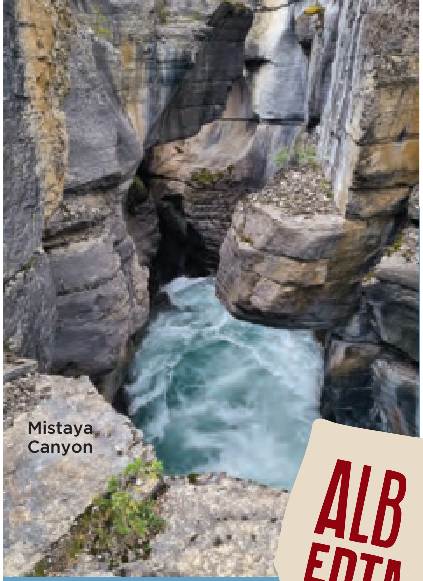
Black Beach

NEW BRUNSWICK

BLACK BEACH

for the black sand beach

You might imagine a black sand beach to only exist on tropical volcanic islands, but did you know that Canada has one on the edge of New Brunswick? Just outside Lorneville, N.B., the sprawling Black Beach is a little-known spot nestled in the Musquash Estuary off Fundy Bay. Unlike other black sand beaches, which are typically dark in colour due to volcanic minerals, Black Beach's iconic hue is a result of graphite deposits. While you're there, check out the nearby trails and lighthouse on Musquash Head—if you're lucky, you might even spot some harbour seals basking on the rocks!



Mistaya Canyon

ALBERTA

MISTAYA CANYON

for a majestic, family-friendly hike

Off the iconic Icefields Parkway on the edge of Banff National Park, this canyon is a lesser-known natural attraction that's definitely worth a visit. Rushing waters flowing down from the nearby Peyto Lake create a stunning limestone gorge surrounded by centuries-old trees.

Mistaya Canyon sits around the midway point between the ever-popular towns of Jasper and Banff—it's a great place to stop to stretch your legs while visiting the area. The canyon is accessible through a short 1.8-kilometre hike, easy enough for families but still interesting for experienced hikers. Venture along the trail to lookout points with spectacular views of the gorge and the Rocky Mountains for incredible photo opportunities.

Little Limestone Lake

MANITOBA

LITTLE LIMESTONE LAKE

for colour-changing waters

Believe it or not, this lake changes colour! Little Limestone Lake in northern Manitoba is the world's largest marl lake. Its turquoise-hued water turns crystal clear thanks to the reaction of calcium carbonate with changing water temperatures.

You can spend the day paddling, fishing and spotting local wildlife, including threatened woodland caribou. Grab a campsite for the night at nearby campgrounds in Grand Rapids, such as Cook's Campground and Cabins. They have fire pits, picnic tables and easy access to ATV trails.

The view from the Acropole des Draveurs Trail in the Hautes-Gorges-de-la-Rivière-Malbaie National Park

HAUTES-GORGES-DE-LA-RIVIÈRE-MALBAIE NATIONAL PARK

for soaring peaks and stunning valleys

Warning! The glacial valleys and soaring mountains located in Quebec's Charlevoix region may leave you gobsmacked when you experience their grandeur in person. Visit for the day from the nearby town of La Malbaie or immerse yourself in nature by staying at the park's campgrounds.

There's no shortage of activities to do here—boat or paddle the river and bike or hike the trails, For a more relaxing experience, take a scenic cruise on the Rivière Malbaie where you'll enjoy the sights while learning the secrets of the valley from a park warden. And whatever you do, don't miss the majestic waterfalls.

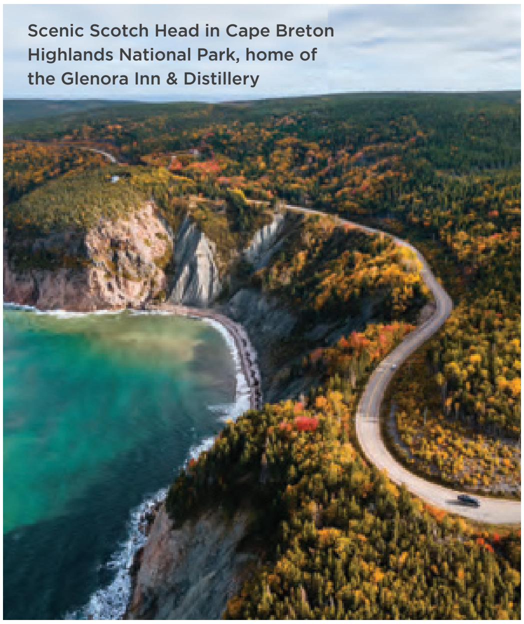
AUYUITTUQ NATIONAL PARK

for a true Arctic experience

Dreaming of exploring the Arctic wilderness? A visit to Auyuittuq National Park will take you deep into the remote glaciers, rugged mountains and Inuit culture of Nunavut's Baffin Island. Whether you're an experienced hiker or simply love the outdoors, there are plenty of ways to discover the park. For a days-long expedition, don't miss the 97-kilometre Akshayuk Pass, a popular hiking and skiing destination set between dramatic ice and mountains. For a more relaxed pace, take a snowmobile day trip to explore the Arctic Circle, guided by Parks Canada staff who are knowledgeable in the local history.

Before you make the northern trek to the park, be sure to explore Iqaluit, Nunavut's capital city. Try out some local dishes, such as the Arctic char or caribou stew from The Frob Kitchen & Eatery, and check out Inuit galleries and art.

Akshayuk Pass in Auyuittuq National Park



Scenic Scotch Head in Cape Breton Highlands National Park, home of the Glenora Inn & Distillery

NOVA SCOTIA

CAPE BRETON HIGHLANDS NATIONAL PARK

for an oceanside adventure

You may have already heard of this eastern Nova Scotia national park and its beloved coastal Cabot Trail, and that's because it's an adventure seeker's paradise. Explore dozens of hiking trails and lookout points high above the Atlantic, as well as incredible beaches and waterfalls. For a break from your adventure, head over to the greens at Cabot Cape Breton, a vibrant golf course overlooking the ocean, to play or dine.

There are plenty of scenic spots for tent and RV camping along the Cabot Trail. If you need some indoor time, rest your head at the Glenora Inn & Distillery. This Scottish inn is not only cozy, but you also can try a glass of Canada's oldest single malt whisky and indulge in some dreamy sticky toffee pudding.

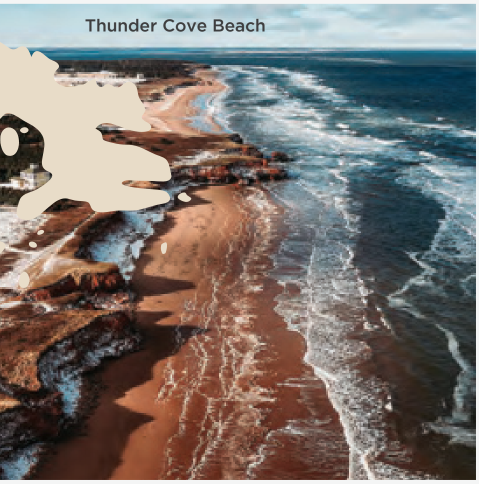
PRINCE EDWARD ISLAND

THUNDER COVE BEACH

for a relaxing dip in the ocean

On the north shore of the island, Thunder Cove Beach remains a local secret. Its sandstone cliffs, columns and cave formations were shaped by the wind and water over thousands of years, creating a beautiful landscape. Take a stroll down the red sand beach or go for a soothing dip in the ocean, which can warm up to bathtub-like temperatures by the end of summer.

Make sure to stop by Ship to Shore, around 10 minutes away by car, for fresh mussels and lobster rolls, or the Malpeque Oyster Barn for local oysters. To make the most of your island experience, check out the nearby Anne of Green Gables Museum, where you can visit the character's beloved Lake of Shining Waters.

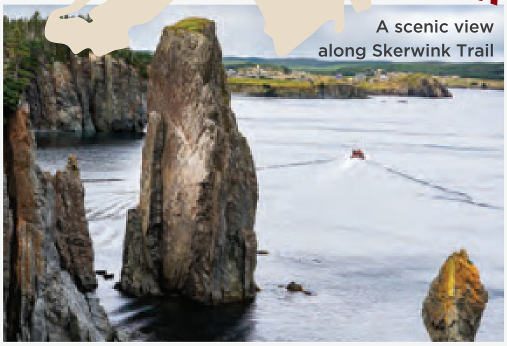


Thunder Cove Beach

NEWFOUNDLAND AND LABRADOR

PORT REXTON AND TRINITY EAST

for a cliffside hike



A scenic view along Skerwink Trail

Small but mighty, this seaside town has all the hallmarks of traditionally vibrant Newfoundland design— like colourful homes and scenic hillsides. We love this spot for its accessibility to a variety of attractions—it's just minutes from Bonavista, the oldest town in North America—but don't just come here to relax. The star of Port Rexton is undoubtedly the Skerwink Trail, a 5.3-kilometre coastal hike with breathtaking views of the Atlantic. After ending your hike in dreamy blueberry fields (yes, you can pick and eat them for a snack!), visit the local Port Rexton Brewing Co. or grab a coffee at Two Whales Coffee Shop before continuing your trip.

NORTHWEST TERRITORIES

YELLOWKNIFE

for breathtaking views of the Aurora Borealis

Admire the Northern Lights at Aurora Village

If seeing the Northern Lights—AKA the Aurora Borealis—is on your bucket list, then going to the Northwest Territories is a no-brainer. Yellowknife, the capital of this expansive territory, is one of the best places in the world to watch this spectacular light show. In fact, you can catch it up to 240 nights a year! Admire the Aurora Borealis from Yellowknife, or take a drive just outside of the city for a view free of light pollution. If you're interested in learning more about the lights from locals, stop by the Aboriginal-owned and -operated Aurora Village for a knowledge-filled (and warmer!) experience.

Once you've caught a glimpse of the lights, there's no shortage of daytime activities to tackle in the city. Paddle down Great Slave Lake, watch a diamond polishing demonstration at the NWT Diamond Centre and visit the local heritage centre.

YUKON

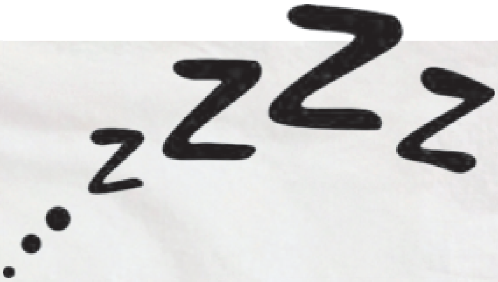
CARCROSS

for the world's smallest desert

CARCROSS DESERT

Just an hour south of Whitehorse lies Carcross, a village bordered by two lakes and a desert—yes, a desert! Often dubbed the smallest desert in the world, the Carcross Desert is made up of sandy dunes that were once the bottom of a glacial lake. Adventure seekers will love sandboarding or riding ATVs down the dunes. For an extra thrill, head over to the Montana Mountain trails for some incredible biking and hiking.

Originally named Caribou Crossing for the white-tailed caribou who used to frequent the area, Carcross is home to the Carcross/Tagish First Nation. Soak in and appreciate the local community by admiring traditional totem poles around the town, then visit a carving shed to watch and learn the significance of the colours and shapes.



Sound asleep

As the impact of a good night's rest on our health and relationships is becoming more and more apparent, couples are choosing alternative sleep methods that prioritize catching z's over not ruffling the covers.

TEXT MARIE WAINE

On the flight home from a recent trip to Norway, I asked my husband what was the one thing he loved about Scandinavian culture that he wanted to incorporate into our lives at home. His answer: Each of us sleeping under our own duvet at night.

What's always been thought of as the traditional way to sleep in North America—one couple on one bed under one blanket—may not be the way of the future. "Sleep divorce," for example, is gaining steam. In this method, couples prioritize individual rest by trying new sleeping arrangements, allowing everyone to go to bed when they want, get a sleep free from disruptions and wake up feeling refreshed.

"Whether it's due to snoring, a restless partner, room temperature or people having different sleep or work schedules, there are many reasons why people may choose to sleep apart," says Talia Shapero, a Toronto-based certified Integrative Adult Sleep Coach. "Getting good rest is crucial to both body and mind."

According to a 2023 American Academy of Sleep Medicine survey of over 2,000 adults, more than one-third of respondents occasionally or regularly sleep in separate rooms from their partner. Millennial couples were more likely to sleep apart compared to Baby Boomers, suggesting it's something we'll see more of in the future. But if you don't have an extra bedroom, there are a few other options, according to Dr. Jenny Rogojanski, psychologist and co-founder of Sleep Smart Psychology Group in Toronto.

Using two duvets on one bed, known as the Scandinavian sleep method, allows people to regulate their body temperature and avoid cover hogs while still enjoying the benefits of bed-sharing. You can also try dual mattresses. Sleeping on separate single or double beds in the same room—either pushed up against each other or close to one another—can accommodate each partner's specific sleep preferences.

BETTER OVERALL HEALTH

While adults should aim for seven to nine hours of sleep per night, Shapero says figuring out when those hours should take place makes a big difference to both the quality of your sleep and how well rested and alert you feel the next day. "Sleep needs and patterns also change throughout a person's life," she says. "Babies require the most amount of sleep, and after about age 65 sleep needs drop slightly to about seven to eight hours a night."

Putting in the time will improve your metabolic health, reduce the risk of heart disease, diabetes and stroke, and help to balance hormones. "When we chronically sleep poorly, our stress and reproductive hormones, as well as hormones that impact our appetite and glucose levels, can get dysregulated," says Shapero. This can result in feeling hungrier or unsatiated. Our decision-making skills are also impacted, resulting in a higher likelihood of choosing less nutritious foods and overconsumption of calories compared to when you get a good night's rest.

Let's not forget how that rest can impact our emotional well-being, from reducing our cortisol levels to lowering our anxiety levels. "When we're well rested, we're better able to manage stress, communicate effectively and maintain emotional balance," says Dr. Rogojanski.

STRONGER RELATIONSHIPS

After a poor night's sleep, do you find yourself less patient or more likely to

PHOTOGRAPHY, ADOBE STOCK/E

According to a 2023 survey of over 2,000 adults, more than one-third of respondents occasionally or regularly sleep in separate rooms from their partner.

> “When we have a bad night’s sleep, our communication tends to break down, which can cause a lot of tension and frustration...in our relationships.”

pick a fight? It’s not your fault. From a biological standpoint, Shapero says the amygdala, the part of your brain that detects threats, becomes overactive when you aren’t rested. “Sleep helps balance our mood and capacity to handle those big emotions. When we don’t sleep well, we can become less resilient to stress, less empathetic and more combative.” Other adverse effects include not being as sensitive and understanding to your partner’s needs and having a more negative perception of what’s going on in your day. In fact, studies show we can even experience more depressive symptoms and higher perceived stress.

Putting your sleep needs first may result in a better relationship with the person you’re sleeping (or rather, not sleeping) with. “Research shows that well-slept couples are more likely to resolve difficult problems productively,” says Shapero. In a study for the *Journal of Family Psychology*, couples who got above-average sleep reported they were more likely to feel satisfied with their marriage the next day, including their outlook on conflict resolution, affection, dependability and sex.

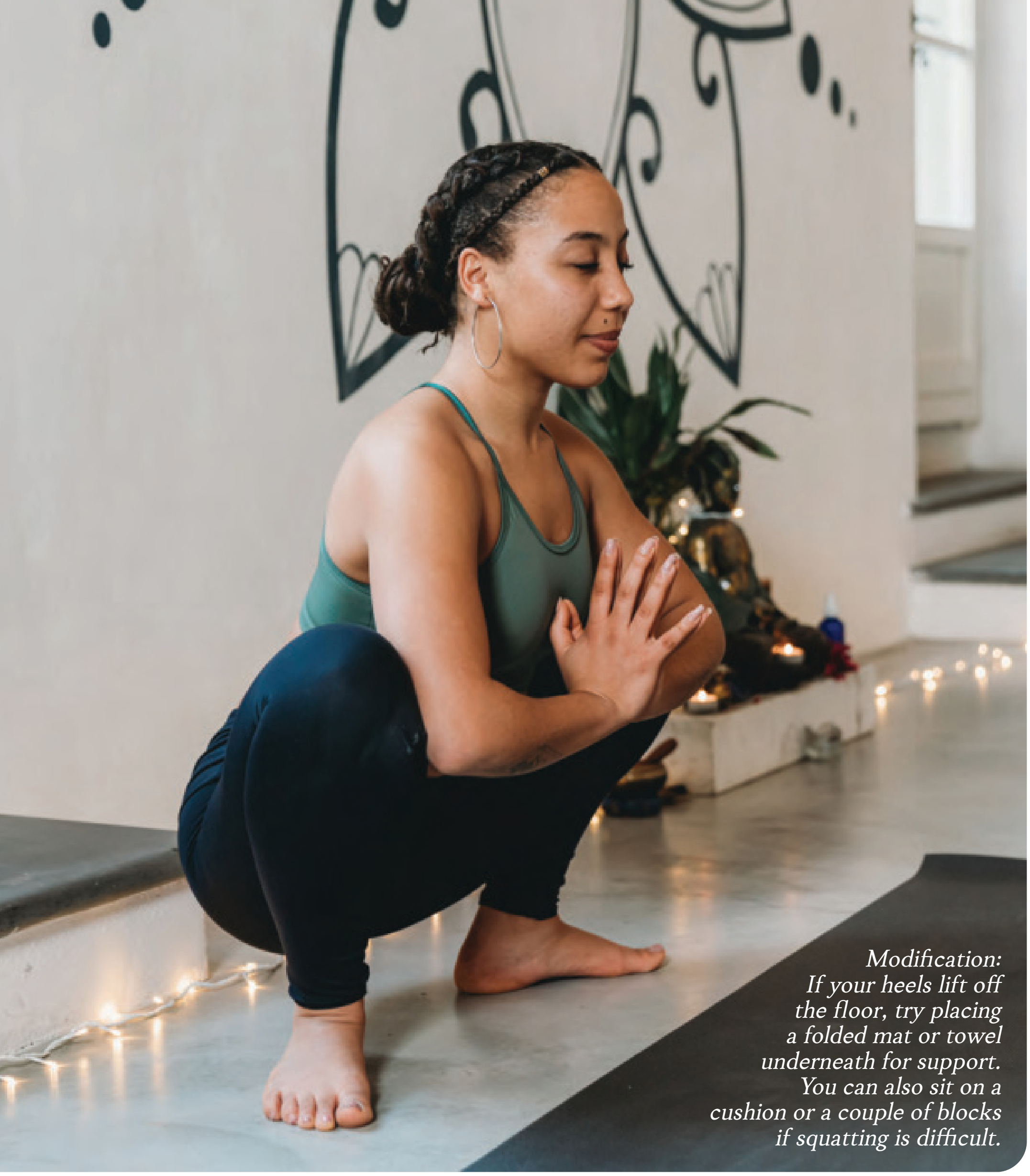
Dr. Rogojanski agrees. “When we get a bad sleep, our communication tends to break down, which can cause a lot of tension and frustration, leading to more conflict in our relationships in general.”

KEEPING IT INTIMATE

One significant criticism that often comes up when discussing a new sleeping arrangement is the loss of intimacy, both physical and emotional. “Bedtime can be a really important time of day to bond, talk about the day’s events, maybe problem solve and share feelings,” says Shapero. So, how do we get the sleep we need to support our relationship goals without losing out on a huge part of the relationship itself?

Although both Dr. Rogojanski and Shapero admit it sounds unsexy, discussing solutions and opportunities for intimacy can help reconnection. “I think the most important thing is to be intentional around intimacy,” says Dr. Rogojanski. “Trying to stay physically affectionate throughout the day so it doesn’t have to be something that only happens once we’re winding down to go to sleep.” This can be cuddling on the couch while watching TV, holding hands on an evening walk or sharing a hug or kiss throughout the day. “These are the things that we find are important for every relationship, regardless of whether you’re sharing a bed at the end of the day,” she adds.

Whatever you choose to do, remember it’s not permanent. “See how it works, see how it makes you feel, see if you sleep any better,” says Shapero. You can always change it up. In the end, it’s not about *how* you sleep; it’s that you actually sleep.



Modification: If your heels lift off the floor, try placing a folded mat or towel underneath for support. You can also sit on a cushion or a couple of blocks if squatting is difficult.

health hack of the month
GARLAND POSE

Malasana or Garland Pose is a great way to counteract the effects of prolonged sitting. This posture opens the hips, groin and lower back while stretching and strengthening the feet and ankles. Stand with your feet about mat-width apart; toes turned out slightly. Drop your hips into a squat position while keeping your heels flat on the floor and knees aligned with the feet. Bring the palms of the hands together, and if you can, tuck your elbows inside your knees and gently press outward. Engage the core as you lengthen through the spine and lift the chest. Hold for three to five breaths or as long as it is comfortable.

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PHOTOGRAPHY, ISTOCK PHOTO/E

miso magic

A staple of Asian cuisine, miso is a fermented condiment known for its starring role in Japanese miso soup. This thick, protein-rich paste is traditionally made from soybeans, fermented with salt and a koji starter, though some varieties are made with other beans, peas or grains. Miso is a versatile ingredient that can be used to make sauces, dressings and marinades in addition to soup, or to pickle vegetables and meat. Plus, it packs a punch of bioactive compounds that benefit your health. A 2020 study in the British Medical Journal even suggests that regular consumption of fermented soy products like miso may be linked to a lower risk of death. Need more reasons to add this superfood to your plate? Read on to find out!

TEXT MADELEINE LAVIN

THE BENEFITS

Fermentation fix

There are many varieties of miso out there, with flavours that range from sweet to rich and salty—the longer it ferments, the deeper the umami! But fermentation doesn't just enhance taste; it also makes miso more nutritious. Soybeans or grains used to produce miso contain antinutrients, compounds that can block your body from fully absorbing vitamins and minerals. During fermentation, beneficial microbes break these compounds down, making miso easier to digest and more nourishing.

Probiotic power

Miso is packed with probiotics that help to keep your gut happy, among other health benefits. The primary probiotic strain found in miso is Aspergillus oryzae. Friendly bacteria help support digestion and may even ease symptoms related to irritable bowel syndrome (IBS). But the benefits don't stop there! Beneficial gut bacteria also produce essential vitamins like K and B12, bolster your immune system and may even reduce the need for antibiotics when fighting infections. Plus, since your gut and brain are closely connected, a probiotic-rich diet could help support cognitive health.

Oh-Soy Good

Miso contains powerful antioxidants derived from its base ingredient, soybeans. Soybeans contain isoflavones, natural compounds that help combat oxidative stress—a key player in aging and chronic diseases. These antioxidants have also been linked to a lower risk of certain cancers, including breast cancer, particularly in post-menopausal women. Additionally, specific isoflavones, like daidzein and genistein, act as phytoestrogens, meaning they mimic a mild form of estrogen. Some women find that adding soy-based foods like miso to their diet helps ease peri-menopausal symptoms, such as hot flashes and mood swings.

BEAUTY NOTES

PRODUCTS FEATURING FERMENTED INGREDIENTS TO BOOST YOUR HEALTH, HAIR AND SKIN.

KOYO
ORGANIC
MISO
BIOLOGIQUE
SHIRO

KOYO Organic White Miso, $13, healthyplanet.ca.

YAO SECRET
RICE WATER CONDITIONER

YAO SECRET Fermented Rice Water Conditioner Bar, $27, yaosecret.com.

MIXSOON Bean Cream, $38, thekshop.ca.

PHOTOGRAPHY, ADOBE STOCK

MISO CARROT SOUP

MAKES 6 SERVINGS
HANDS-ON TIME 15 MINUTES
TOTAL TIME 35 MINUTES

1 tbsp	vegetable oil
1	sweet onion, diced
2	stalks celery, diced
2 tbsp	minced fresh ginger
1	900 g bag carrots, diced
1 tsp	granulated sugar
1/4 tsp	salt
2 cups	sodium-reduced vegetable broth
1/4 cup	white miso paste
2 tsp	unseasoned rice vinegar
2 tsp	toasted sesame oil

In Dutch oven, heat oil over medium heat; cook onion, celery and ginger, stirring occasionally, until softened, about 8 minutes. Stir in carrots, sugar and salt; cook, stirring, for 2 minutes.

Stir in 6 cups water and broth; bring to boil. Reduce heat and simmer, stirring occasionally, until carrots are tender, about 12 minutes. Remove from heat. Using immersion blender, purée soup until smooth. Reheat over low heat.

Whisk in miso paste; cook, whisking, until combined and warmed through, about 1 minute. Stir in vinegar and sesame oil.

PER SERVING about 136 cal, 8 g pro, 5 g total fat (1 g sat. fat), 22 g carb, 0 mg chol, 636 mg sodium.

TEST KITCHEN TIP

Miso comes in a variety of colours—white, yellow, red or brown—each with its own distinct taste, depending on the ingredients and fermentation process. Generally, the lighter colours are more delicate in flavour. For this light spring soup, white miso is the best choice.

PHOTOGRAPHY, JEFF COULSON/C. FOOD STYLING, MELANIE STUPARYK. PROP STYLING, MADELEINE JOHARI

DOCTOR'S ORDERS

Whether it's a wellness visit or an appointment about a new ailment, these sound strategies will maximize your next trip to the doctor's office.

TEXT KAREN ROBOCK

ILLUSTRATION, ISTOCK PHOTO/E

If you've ever walked out of your doctor's office only to realize that you forgot to ask the one question you made the appointment for, or felt your mind go totally blank while wearing that dreaded paper gown, you are in good company. Not being prepared for a doctor's appointment makes it all too easy to lose track of the focus of the visit when you finally make it into the exam room.

But being engaged with your health-care team is essential. Research shows that empowered patients who take an active role in their health have better quality of life, improved health outcomes and put less strain on the health-care system. "We are all experts in our own symptoms," says Dr. Carrie Bernard, president of the College of Family Physicians of Canada. "So we need to make sure that we're at the centre of the information that is considered," she says.

Still, sometimes it can be tough to know how to ask the right questions and get the help you need when you're sitting face-to-face with your physician. Here, we've rounded up some of the best advice—straight from doctors—on how to make the most of your next checkup.

ARRIVE READY FOR YOUR APPOINTMENT

"It's great to prepare in advance in order to maximize your time with your health-care provider," says Dr. Tali Bogler, an academic family physician in the department of family and community medicine at St. Michael's Hospital in Toronto and a low-risk obstetrics provider. That means thinking through what you'd like to accomplish during your visit ahead of time and making a list of specific questions or requests that you may have. When you sit down for your appointment, share this list with your doctor right off the bat, so you can prioritize your needs together, she says. If the list is long, you and your doctor may decide to make a follow-up appointment to address the less pressing issues next time.

For some health concerns, such as digestive problems and sleep issues, it's a good idea to bring specific notes on your symptoms, their duration, what makes them better or worse, and any other details you can provide. "This ensures you're describing your symptoms properly, which can help your health-care provider have a better understanding of what you're feeling and make the correct diagnosis," says Dr. Bogler.

TIP

If possible, brief the medical staff with your needs when you book your appointment, so they can allot sufficient time for your visit.

TIP

Talk about your embarrassing or scary issue first. This gives your doctor time to work through it with you, instead of rushing through the tough stuff at the end.

BE HONEST WITH YOUR DOCTOR

Patients tend to clam up about sexual health issues and taboo lifestyle habits like drinking and smoking, but there's no need to feel shy. "We understand these topics may be embarrassing to you, but they are not embarrassing to us—they're part of our day's work," says Dr. Jennifer Young, a family doctor in Collingwood, Ont.

Your family doctor is there to usher you through your health journey, but to do that they need to meet you where you are. If you said you were going to quit smoking, or drop 15 pounds, or finally start prioritizing your sleep—but you haven't been able to do it yet—that's okay. "The better we understand who you are, the better we are able to diagnose and to give appropriate advice," says Dr. Young.

> *"These topics may be embarrassing to you, but they are not embarrassing to us—they're part of our day's work."*

> “We want our patients to feel as in control of their health as possible, and information can help you feel in control.”

USE “DR. GOOGLE” (IF DOING RESEARCH IS HELPFUL TO YOU)

“I am always happy if a patient is taking an interest in learning about their health,” says Dr. Bernard. “We want our patients to feel as in control of their health as possible, and information can help you feel in control,” she says.

Unfortunately, not everything you read online will be correct, helpful or empowering. “You have to be careful about where you get your information from,” she says. If you are going to Google your symptoms, lean on reputable sources like hospital networks, universities, government organizations and recognizable national health foundations, such as the Canadian Cancer Society and the Heart and Stroke Foundation of Canada, for example.

Still, even if you’re using reliable resources, doing too much independent research about an illness, ailment or suspicious symptom can sometimes do more harm than good. “I do have to say that it makes some people anxious, and if it’s making you more nervous, it’s not a good idea,” says Dr. Bernard. “You don’t need to be searching down all the information, because that’s what your doctor is for.”

TIP

When looking up health information online, after you’ve confirmed that it’s a reputable source, be sure to check the date on the webpage, too. Anything that’s more than a year old is at risk of being out of date.

DOCTOR’S APPOINTMENT PREP CHECKLIST

TO MAKE THE MOST OF YOUR VISIT, BE PREPARED BY FOLLOWING OUR CHECKLIST.

If you are discussing a new concern, bring a log of your symptoms, including when they began, how long they have persisted and what makes them worse.

*

Share changes to your family history.

*

Give an update on any new medications or supplements you are taking.

*

Have a list of specific questions ready.

*

Be prepared to take notes with a pen and paper or use an app on your phone.

TIP

If you are anticipating bad or difficult news, bring a support person with you to your appointment to help you take notes and ask questions.

TAKE NOTES

As you work through the questions you’ve brought with you, be sure to record the answers. You can use a notebook and a pen, or an app on your phone to take notes as your doctor shares information with you. And before you leave your appointment, double check your notes to make sure you’ve covered everything you wanted to discuss, and that you’ve written down all the information you need. You should also confirm that you understood your doctor fully and correctly. “Say at the end what you think the assessment and the plan is, and ask if you have it right,” says Dr. Young.

colour of the month
CHERRY BLOSSOM

From its darker pink buds to blush-toned white petals at full bloom, the cherry blossom's beautiful hues always feel fresh at this time of year.

BeautiTone Canadian Living Coast-to-Coast Colour Collection Cherry Blossom CL28-0 **PAINT**, homehardware.ca.

Powder Rose DLX1184-3 **PAINT**, dulux.ca.

Cherry Parfait 6053-21 **PAINT**, sico.ca.

home & garden

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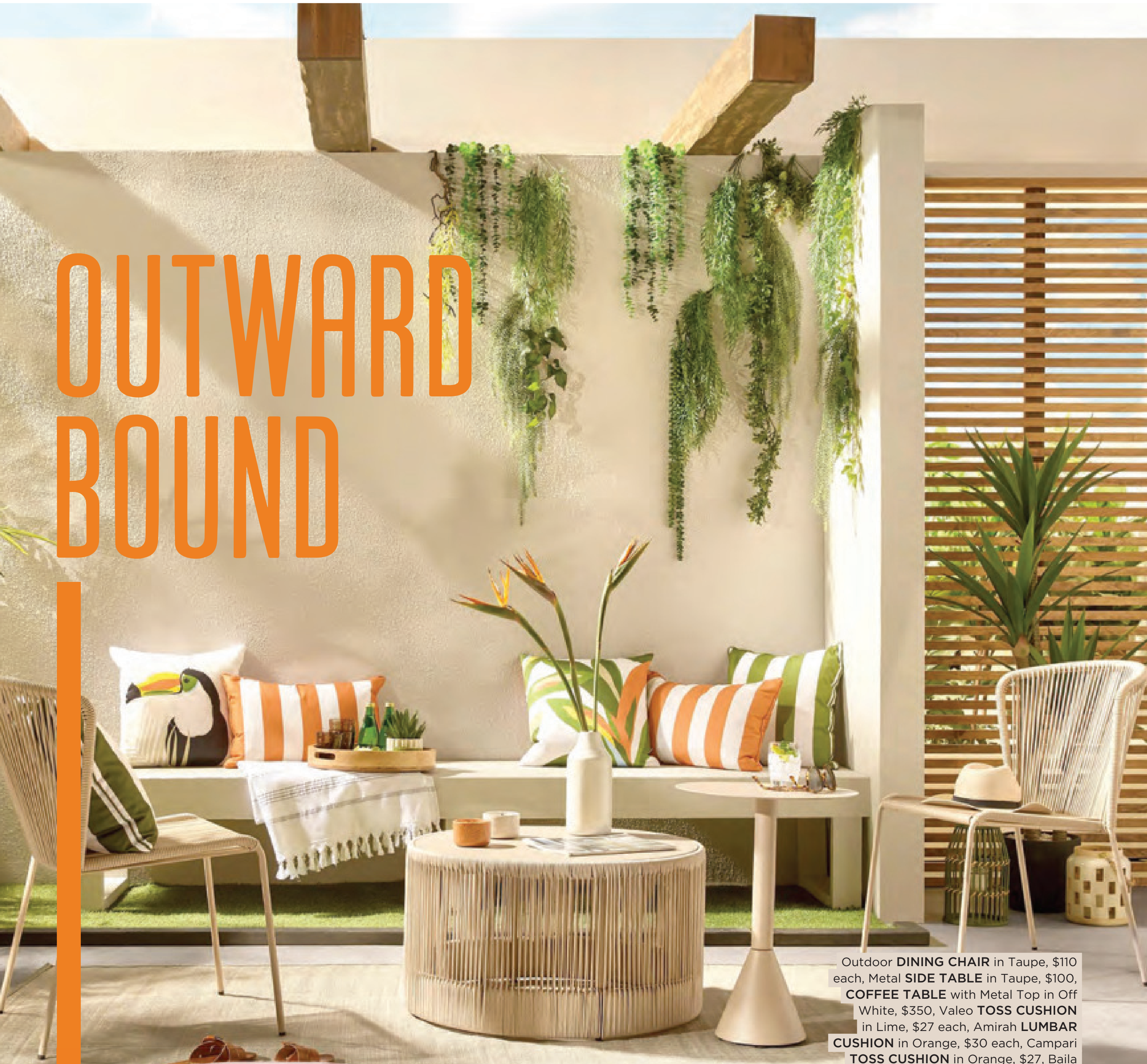
PHOTOGRAPHY, SHUTTERSTOCK

OUTWARD BOUND



Outdoor **DINING CHAIR** in Taupe, $110 each, Metal **SIDE TABLE** in Taupe, $100, **COFFEE TABLE** with Metal Top in Off White, $350, Valeo **TOSS CUSHION** in Lime, $27 each, Amirah **LUMBAR CUSHION** in Orange, $30 each, Campari **TOSS CUSHION** in Orange, $27, Baila **TOSS CUSHION** in Beige, $27, Speckled Ceramic Table **VASE** in Off White, $30, Wax **CANDLES** $35/set of 3, Ceramic Decorative Outdoor **LANTERN** in Beige, $33, Bamboo **LANTERN** in Green, $33, Two-Tone Reversible Outdoor **RUG** in Natural, 5′ x 7′, $43, bouclair.com.🍁

Mimi Small **CANDLE**, $16, urbanbarn.com.🍁

It’s finally getting warm enough to spend more time chilling outside—yay! But does your backyard need a pick-me-up? Check out these outdoor spaces and product recommendations for some serious inspiration.

PRODUCER CHRISTINA ZISKO

resort ready

No passport? No problem. With a backyard set-up embodying the tropics, you can take a mini vacation without leaving your home. Bold pops of vibrant orange and green bring the energy, while modern furniture in light hues evokes the breezy beauty of sun-soaked locales. Natural materials like terracotta, ceramic and rattan help create a coastal ambience that strikes the ideal balance between laidback and luxe. To elevate the resort vibe, pull out fun extras like a bar cart or scented candles and get ready for fun in the sun.

Recycled Polyester Candleholder **LANTERN** in Brown, $35, veronneau.com.🍁

Oranges Small **POT**, $13, tanguay.ca.🍁

Bozanto **LUMBAR CUSHION** in Animal Print Orange, $25, rona.ca.🍁

Rattan **SIDE TABLE**, $60, homesense.ca.🍁

Bellwood **BAR CART** in White-Natural, $200, ca.umbra.com.🍁

Avila Outdoor **SOFA** in Dravite Ivory, $1,999, article.com.🍁

Parry III **VASE** in Terracotta, $25, Parry II **VASE** in Blush, $23, Parry I **VASE** in Taupe, $15, vdevmaison.com.🍁

Onya Outdoor **LOUNGE CHAIR** in Lily White, $729, article.com.🍁

Ari Outdoor **RUG** in Dune, 5′ x 8′, $165, cozey.ca.🍁

Gurli **CUSHION COVER** in Bright Green, $4, ikea.ca.

Dals Orion Outdoor **STRING LIGHTS**, $248, casadiluce.ca.

Stax 4-in-a-Row **GAME**, $70, ca.umbra.com.

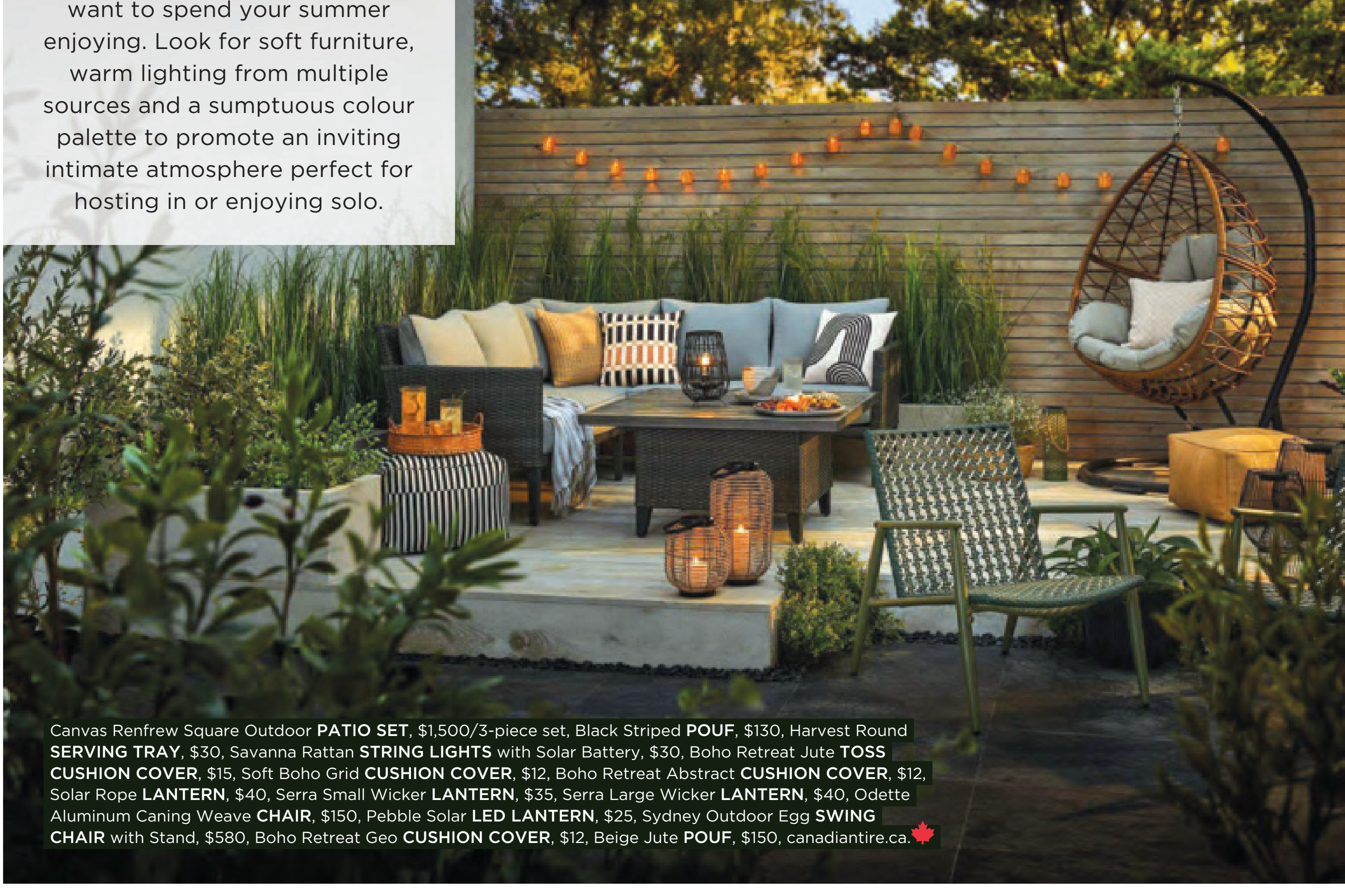
Wire Mesh **TEALIGHT HOLDERS**, $23 each, veronneau.com.

Floral **THROW**, $130, eq3.com.

intimate oasis

Sit back, relax and stay awhile—this patio is designed for ultimate coziness. A cushioned sofa, fabric ottomans and a collection of soft pillows create an inviting outdoor space that has all the comforts of your living room. An egg-shaped chair makes for the perfect cocoon to snuggle in with a good book and the coffee table and serving trays ensure the snacks and libations are close at hand. The goal of this design is to make your backyard the ultimate outdoor oasis you'll want to spend your summer enjoying. Look for soft furniture, warm lighting from multiple sources and a sumptuous colour palette to promote an inviting intimate atmosphere perfect for hosting in or enjoying solo.

Oriane **LUMBAR CUSHION** in Natural, $33, bouclair.com.



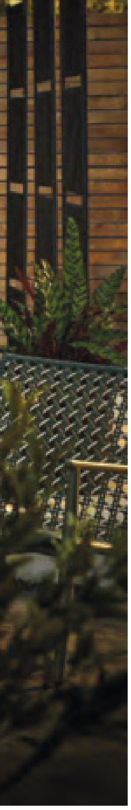
Canvas Renfrew Square Outdoor **PATIO SET**, $1,500/3-piece set, Black Striped **POUF**, $130, Harvest Round **SERVING TRAY**, $30, Savanna Rattan **STRING LIGHTS** with Solar Battery, $30, Boho Retreat Jute **TOSS CUSHION COVER**, $15, Soft Boho Grid **CUSHION COVER**, $12, Boho Retreat Abstract **CUSHION COVER**, $12, Solar Rope **LANTERN**, $40, Serra Small Wicker **LANTERN**, $35, Serra Large Wicker **LANTERN**, $40, Odette Aluminum Caning Weave **CHAIR**, $150, Pebble Solar **LED LANTERN**, $25, Sydney Outdoor Egg **SWING CHAIR** with Stand, $580, Boho Retreat Geo **CUSHION COVER**, $12, Beige Jute **POUF**, $150, canadiantire.ca.

Pure Square Teak/Metal **FIRE TABLE**, $2,799, hauserstores.com.🍁

Hometrends Patio **SIDE TABLE COOLER**, $98, walmart.ca.

Ankita **TOSS CUSHION** in Green, $27, bouclair.com.🍁

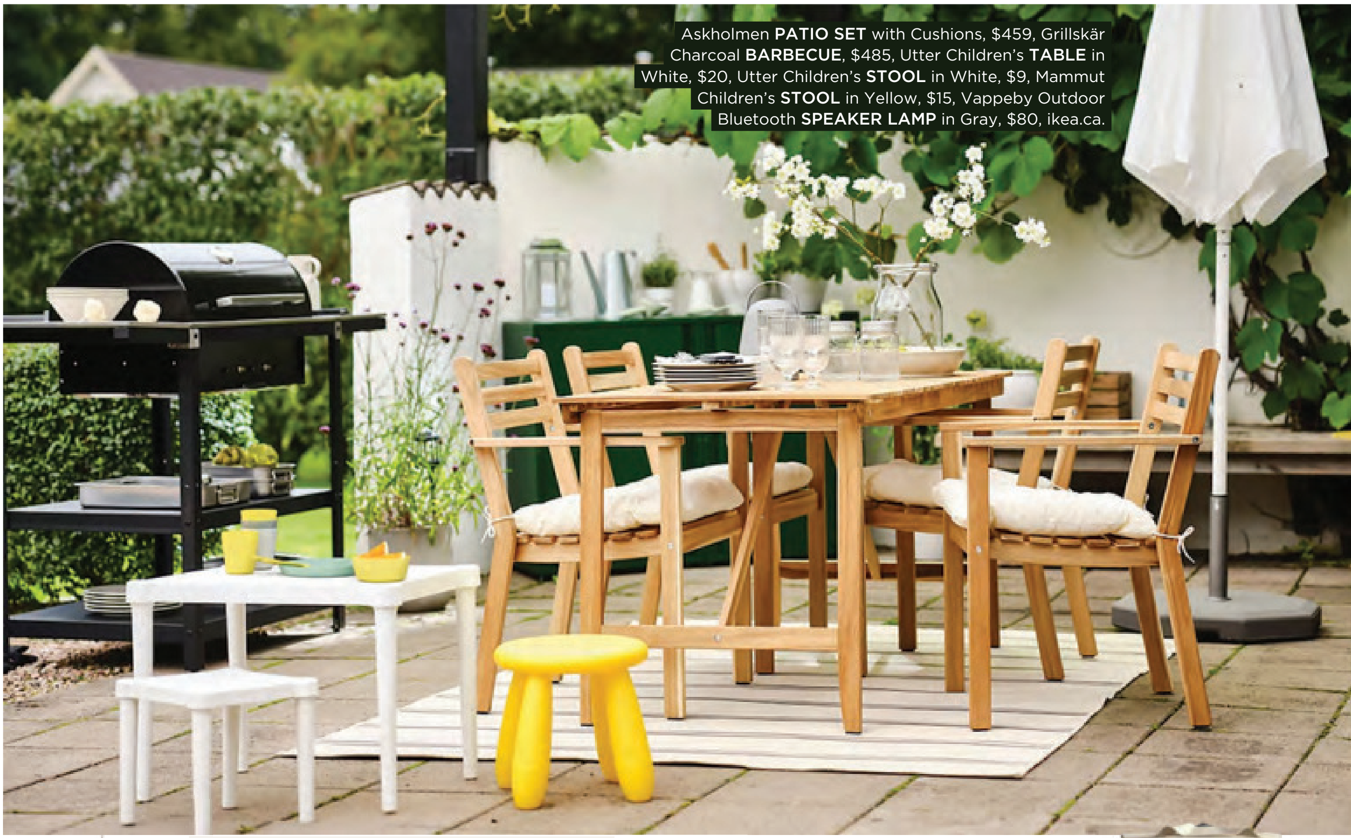
Espresso Stained Wooden **SERVING TRAYS**, $249/2-piece set, hauserstores.com.🍁



Dura Cocoon Rattan **CHAIR**, $600, tanguay.ca.🍁

Kiva Steps Classic **OTTOMAN**, $495, casualife.ca.🍁

Lubek 82.5" Outdoor **SECTIONAL SET** in Slate Gray, $2,699/2-piece set, article.com.🍁



Askholmen **PATIO SET** with Cushions, $459, Grillskär Charcoal **BARBECUE**, $485, Utter Children's **TABLE** in White, $20, Utter Children's **STOOL** in White, $9, Mammut Children's **STOOL** in Yellow, $15, Vappeby Outdoor Bluetooth **SPEAKER LAMP** in Gray, $80, ikea.ca.

Jojo Lantern **ARTIFICIAL BRANCH**, $16, urbanbarn.com.🍁

simple & serene

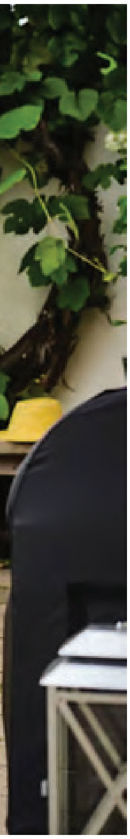
Gather the family for a meal al fresco in a fresh, Scandi-inspired space. Durable and functional wooden chairs are made comfortable with tie-on cushions perfect for leisurely lunches or chatting over a glass of lemonade. A simple colour palette of airy neutrals lets the natural greenery take centre stage, creating a tranquil outdoor gathering place. Natural wood and clear glass provide a clean appeal but materials like jute or linen can also be added to bring texture to the area. And we haven't forgotten the kids—keep the little ones included with a miniature patio set of their own that makes it easy to come and go. And don't forget an outdoor speaker to set the mood with your favourite tunes.

Grey Striped Soliflore Recycled Glass **VASE**, $35, veronneau.com.🍁

CHAIR PADS in Natural, $40/pair, bouclair.com.🍁

10' Wind Resistant **PATIO UMBRELLA** in Warm White, $399, corliving.ca.🍁

Teaka 79" Outdoor **DINING TABLE** in Natural Teak, $1,999, article.com.🍁



Lawrence Alu
Dining **ARMCHAIR**
in Taupe, $549,
hauserstores.com.🍁

Amber Lewis x
Loloi Malibu Ivory/
Dove III **RUG**,
5'1" x 7'7", $342,
lighthouseco.ca.🍁

Rattan Candle
LANTERN in
Natural, $50,
bouclair.com.🍁

Demi Tall
PLANTER in
Sandstone, $85,
veradek.ca.🍁

Blue Piston Wave
Wireless **SPEAKER**
in Blush, $50,
logiix.ca.🍁

Napoleon Rebel 3 Propane
Gas **BARBECUE GRILL** with
3 Burners in Graphite Grey,
$550, canadiantire.ca.🍁

Kids Wooden Outdoor
PICNIC TABLE with
Adjustable Umbrella in
Walnut/Beige, $233,
pominie.com.🍁

Style SHAKE-UP

Looking to give your space a refresh? These four interior design styles are trending this season, and are sure to give you some ideas to level up your own decor.

Sarah Self-Adhesive **WALLPAPER** in Smooth Multicoloured, $6.50/sq. ft., decorimprime.com.

Eames Hang-It-All **RACK**, $490, hermanmiller.com.

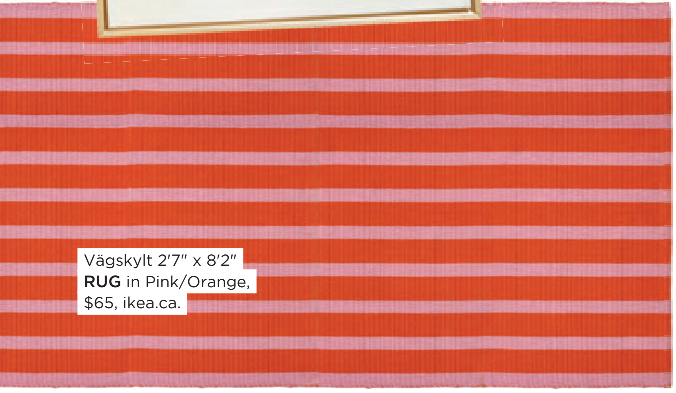
Opale Design Collage Serie 24″ x 36″ **FRAMED CANVAS**, $210, zonemaison.com.

Metal **SHELF** in Red, $50, bouclair.com.

STYLE 1

Memphis Milano

Contrary to the first half of its name, the Memphis Milano design movement was created by an Italian design and architecture group. A fun mix of pop art and art deco designs, this style is defined by an explosion of bright hues, bold patterns and retro charm. This aesthetic is a rejection of the muted, mundane or minimalist in favour of maximalism and playfulness. Think patterns with zigzags, squiggles and polka dots paired with a mish-mash of materials like plastic laminate, chrome, glass and terrazzo. Pulled straight from the ’80s, this style is making a splash today, thanks to the joy it injects into a space.



Vägskylt 2′7″ x 8′2″ **RUG** in Pink/Orange, $65, ikea.ca.

Fatboy Bellboy **TABLE LAMP** in Red, $189, simons.ca.

Eira Glass **COFFEE TABLE** in Orange, $899, mobilia.ca.

TEXT, CHRISTINA ZISKO, WITH FILES FROM KELLY-ANN NEELEY

Bird Angled Corner **SOFA** in Seoul Woodrose, $3,300, eq3.com.🍁

Georges Small **CEILING LIGHT** in Natural, $495, coeurdartichaut.ca.🍁

STYLE 2

Modern heritage

This interior design ethos strikes a balance between the traditional and the modern to create a comfortable and functional space. Rich textiles like velvet, linen and brocade in muted shades of dusty pink, powder blue and sage green evoke the charm of days gone by, while contemporary finishes in lighting, wall art and other decorative accents bring the style into the 21st century. It's especially easy and cost-effective to achieve this style because it doesn't require a total overhaul of your space. By combining the pieces you already own and love (bonus points if they're vintage finds or hand-me-downs with some history) with a few new modern picks, you can achieve the old-meets-new vibe without breaking the bank.

Enoko **TABLE LAMP** in Pink, $199, mobilia.ca.🍁

Whitby Self-Adhesive **WALLPAPER** in Green, 24.5" x 48", $72, artza.ca.🍁

Petal **COCKTAIL GLASS**, $16.50, vdevmaison.com.🍁

Floral Pillar **CANDLE** in Assorted, $12, simons.ca.🍁

Plume **DISH TOWELS**, $24/pair, zonemaison.com.🍁

Reversible English Countryside Queen **DUVET COVER SET** in Patterned Green, $140, simons.ca.🍁

Oslo Tufted Leather Queen **BED FRAME** in Caramel, $899, structube.com.

STYLE 3

Neo-ranch

A celebration of indoor-outdoor living, neo-ranch style takes the charm of the Wild West and elevates it with elegant details and finishes. A warm colour palette of terracotta, ochre and sand is occasionally broken up with pops of blue and green while natural materials like stone, leather and wood bring home the earthy appeal. Animal- or Navajo-inspired prints also create a warm and inviting atmosphere. To keep the look fresh and modern, these rugged pieces are balanced with refined elements like curved edges, cozy textiles and delicate prints.

Nirva **CANVAS PAINTING**, $199, mobilia.ca.

Oslo **TABLE LAMP** in Oxblood, $179, article.com.

Aries **LAMPSHADE**, $160, loomstudios.ca.

Umbra Bellwood **SIDE TABLE** in Chocolate/Espresso, $180, simons.ca.

The Meander Muslin **THROW**, $110, tofinotowelco.com.

Fort Garry **PENDANT LIGHT**, $175, multilighting.ca.

Brushstroke 7′10″ x 10′10″ **RUG** in Chocolate/Espresso, $628, simons.ca.

Reggie Linen and Rubberwood **ARMCHAIR** in Beige, $1,950, maisoncorbeil.com.

STYLE 4

Organic minimalism

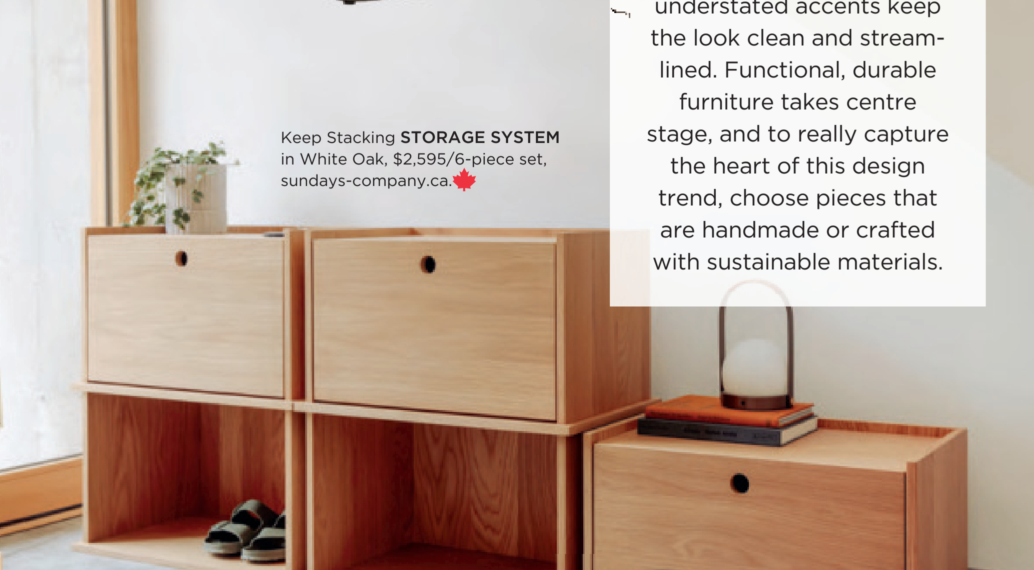
Like a breath of fresh air, organic minimalism fuses natural elements with the sleek and streamlined minimalist trend for a serene space that helps clear the mind. Organic materials like wood, rattan, bamboo, linen, hemp and cotton help bring the natural world indoors and lend an airy appeal to your space, while simple shapes, an earthy colour scheme and understated accents keep the look clean and streamlined. Functional, durable furniture takes centre stage, and to really capture the heart of this design trend, choose pieces that are handmade or crafted with sustainable materials.

Quinn **LOVESEAT** in Nouna Mushroom, $1,449, article.com.

Indaba Lina Linen **LAMPSHADE** in Off-White, $225 each, simons.ca.

Cube **COFFEE TABLE** in Brown, $600, mustsociete.com.

Calme 2'7" x 3'11" Framed **WALL ART**, $79, structube.com.

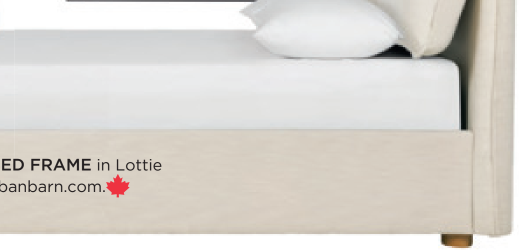


Keep Stacking **STORAGE SYSTEM** in White Oak, $2,595/6-piece set, sundays-company.ca.

Mysen **CABINET** in Natural Oak, $1,999, article.com.

Harlow **ARMCHAIR** in Rale Moss, $1,299, urbanbarn.com.

Canvas Bowden Metal Arch **WALL MIRROR**, $115, canadiantire.ca.



Brandt Queen **BED FRAME** in Lottie Ivory, $1,699, urbanbarn.com.

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ingredient of the month

RHUBARB

Rhubarb is a member of the buckwheat family and is technically a vegetable, though it is more often cooked and eaten as a fruit. Its thick pink to red celery-like stalks can reach an impressive two feet long. Tart in flavour, rhubarb is usually prepared with sugar to sweeten it for use in baked goods and other sweet foods. Choose rhubarb with crisp, colourful stalks and blemish-free leaves. Rhubarb can be grown quite easily in our cool Canadian climate, overwintering very well and growing back year after year. Remember, the stalks are the only edible part of this plant, as the leaves contain oxalic acid, which can be toxic. And the entire plant is toxic to animals, so avoid growing it if your furry friend likes to snack on greenery.

cook & eat

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PHOTOGRAPHY, GETTY IMAGES/E

refreshing rhubarb

Delightfully tangy rhubarb sweetens as it cooks but still retains some zesty punch. Try it in a homemade chutney or cocktail syrup.

RECIPES MARIE-ÈVE LAFORTE
PHOTOGRAPHY TANGO
FOOD STYLING NATALY SIMARD
PROP STYLING CAROLINE SIMON

RHUBARB CHUTNEY

MAKES 2 CUPS
HANDS-ON TIME 15 MINUTES
TOTAL TIME 25 MINUTES

4 cups	chopped fresh rhubarb (or frozen rhubarb, thawed)
3/4 cup	granulated sugar
1/2	small red onion, finely chopped
1	clove garlic, finely chopped
1/3 cup	golden raisins
1/3 cup	cider vinegar
1 tsp	mustard seeds
1 tsp	grated fresh ginger (or 1/2 tsp ground ginger)
1/4 tsp	cinnamon
1/4 tsp	hot pepper flakes
pinch	ground cloves

toasted baguette slices (optional)
Brie or other soft cheese (optional)

In saucepan, combine rhubarb, sugar, onion, garlic, raisins, vinegar, mustard seeds, ginger, cinnamon, hot pepper flakes and cloves. Bring to boil over medium heat; cook, stirring often, until rhubarb is broken down and mixture has thickened, about 5 minutes. Let cool completely. If using, top toasted baguette slices with Brie and chutney. *(Make-ahead: Can be stored in airtight jar and refrigerated for up to 2 weeks.)*

PER 1/4 CUP about 110 cal, 1 g pro, 0 g total fat (0 g sat. fat), 26 g carb (1 g dietary fibre, 23 g sugar), 0 mg chol, 5 mg sodium, 0.3 mg iron.

PLATE, HOMESENSE

CARAFE, GLASS, HOMESENSE

TEST KITCHEN **TIP**

This syrup can be used to prepare cocktails and mocktails, or to flavour sparkling water. It can also be served over vanilla ice cream or white cake.

SPICED RHUBARB SYRUP

MAKES 1 1/2 CUPS
HANDS-ON TIME 10 MINUTES
TOTAL TIME 24 1/2 HOURS

4 cups	chopped fresh rhubarb (or frozen rhubarb, thawed)
1 1/4 cups	granulated sugar
1/2 inch	fresh ginger, thinly sliced
5	pink peppercorns
5	black peppercorns
pinch	cinnamon
pinch	ground cardamom

In blender, purée rhubarb with 1/4 cup water until smooth. Strain through several layers of cheesecloth over saucepan, pressing to extract as much liquid as possible (there should be about 1 1/4 cups rhubarb juice); discard pulp.

Add sugar, ginger, pink and black peppercorns, cinnamon and cardamom to saucepan. Cook over medium heat, stirring constantly, until sugar has dissolved. Bring to boil, reduce heat to low and simmer, stirring occasionally, until syrup has slightly reduced, about 15 minutes. Remove from heat; let cool. Transfer to airtight container and refrigerate overnight.

Pass syrup through sieve; discard solids. Transfer to bottle. *(Make-ahead: Can be refrigerated for up to 2 weeks.)*

PER 2 TBSP about 90 cal, 0 g pro, 0 g total fat (0 g sat. fat), 22 g carb (0 g dietary fibre, 22 g sugar), 0 mg chol, 1 mg sodium, 0 mg iron.

what's for dinner?

Simple weeknight suppers ready before you know it.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
CUCUMBER & SMOKED SALMON SALAD	CHICKEN PARMESAN MEATBALLS	SWEET & SOUR PORK & PINEAPPLE SKEWERS	FALAFEL PITAS	ONE-POT PEAS & CHEESE PASTA

Find more fast and fresh dinner ideas at **canadianliving.com/quickandeasy**.

RECIPES, FOOD STYLING, MÉLANIE MARCHAND. PHOTOGRAPHY, BRUNO PETROZZA/C

ON THE TABLE IN

15

MINUTES

CUCUMBER & SMOKED SALMON SALAD

MAKES 4 SERVINGS

1/2 cup	cream cheese, softened
3 tbsp	mayonnaise
2 tbsp	2% milk
1 tbsp	everything bagel seasoning
1 tsp	maple syrup
salt and pepper	
1	head iceberg lettuce, shredded
4 to 6	mini cucumbers, sliced on an angle
1/2	red onion, finely chopped
3 tbsp	capers, rinsed and drained
250 g	sliced smoked salmon, torn in pieces
microgreens (optional)	

In mini blender or food processor, combine cream cheese, mayonnaise, milk, everything bagel seasoning and maple syrup. Season with salt and pepper; blend until smooth and creamy. Set aside.

In large salad bowl, combine lettuce, cucumbers, onion, capers and half of the smoked salmon. Add half of the dressing; toss gently to coat. Top with remaining smoked salmon and the microgreens, if using. Serve with remaining dressing.

PER SERVING about 320 cal, 17 g pro, 20 g total fat (8 g sat. fat), 18 g carb (3 g dietary fibre, 10 g sugar), 50 mg chol, 1,800 mg sodium, 2.2 mg iron.

ON THE TABLE IN

30

MINUTES

CHICKEN PARMESAN MEATBALLS

MAKES 4 SERVINGS

3 tbsp	olive oil, divided
1	onion, finely chopped, divided
3	cloves garlic, chopped, divided
1/4 cup	chopped fresh basil (approx)
450 g	ground chicken
3/4 cup	panko bread crumbs
1/2 cup	ricotta cheese
3/4 cup	grated Parmesan cheese, divided
salt and pepper	
1 tbsp	olive oil
3 cups	tomato sauce
1 1/2 cups	shredded mozzarella cheese
fresh basil leaves	
cooked orzo (optional)	

In nonstick skillet, heat 1 tbsp of the oil over medium heat. Add half of the onion and half of the garlic and cook, stirring often, for 2 minutes. Remove from heat, stir in basil and set aside.

In large bowl, combine chicken, bread crumbs, ricotta, reserved onion mixture and 1/4 cup of the Parmesan. Season with salt and pepper; stir to combine. Using hands, form chicken mixture into 24 equal-size balls (about 2 tbsp each). Set aside.

In large ovenproof skillet, heat remaining oil over high heat. Add meatballs and cook, turning often, until browned, about 5 minutes. Add remaining onion and remaining garlic and cook, stirring often, for 1 minute. Stir in tomato sauce; bring to boil, reduce heat to medium and simmer for 6 minutes.

Preheat oven to broil. Sprinkle meatballs with remaining Parmesan and the mozzarella. Transfer to upper rack of oven and broil until cheese is melted and golden, about 2 minutes. Sprinkle with fresh basil leaves and serve with orzo, if using.

PER SERVING about 730 cal, 56 g pro, 41 g total fat (14 g sat. fat), 34 g carb (4 g dietary fibre, 10 g sugar), 165 mg chol, 1,000 mg sodium, 5.1 mg iron.

ON THE TABLE IN

30

MINUTES

SWEET & SOUR PORK & PINEAPPLE SKEWERS

MAKES 4 SERVINGS

1/3 cup	liquid honey
1/3 cup	sodium-reduced soy sauce
2 tbsp	grated fresh ginger
1 tbsp	vegetable oil
2	cloves garlic, chopped
1	pork tenderloin, cut in 2-inch cubes
1 tbsp	cornstarch
1/2	pineapple, trimmed and cut in 2-inch cubes (approx)
1	small red onion, quartered

salad greens

fresh cilantro (optional)

Preheat barbecue to medium-high heat (about 375°F); grease grill. Soak 4 wooden skewers in large bowl of water for 5 to 10 minutes.

In large bowl, combine honey, soy sauce, ginger, oil and garlic. Transfer half of the marinade to small saucepan; set aside. Place pork cubes in remaining marinade and let stand for a few minutes.

Meanwhile, bring saucepan of reserved marinade to boil over medium-high heat. In cup, whisk cornstarch with 1 tbsp water until dissolved; whisk into saucepan. Whisk until sauce thickens, 1 to 2 minutes. Set aside.

Thread pork onto prepared skewers, alternating with pineapple and onion. Place skewers on grill; cook, turning halfway through grilling time and brushing with reserved sauce every 2 minutes, until pork is cooked through and lightly charred, about 6 minutes. Serve with salad greens and pineapple cubes, and cilantro, if using.

PER SERVING about 235 cal, 28 g pro, 5 g total fat (1 g sat. fat), 19 g carb (1 g dietary fibre, 15 g sugar), 75 mg chol, 500 mg sodium, 1.4 mg iron.

ON THE TABLE IN

28

MINUTES

FALAFEL PITAS

MAKES 4 SERVINGS

5 tbsp	olive oil, divided
1/2	onion, chopped
1 to 2	cloves garlic, chopped
1	400 ml can chickpeas, rinsed and drained
1 cup	lightly packed baby spinach
3/4 cup	all-purpose flour
3/4 cup	quick-cooking (not instant) rolled oats
1 tsp	ground cumin
salt and pepper	
2	pitas, halved and opened
Tzatziki (recipe, this page)	
shredded lettuce	
diced fresh tomatoes	
sliced cucumbers	
chopped fresh mint (optional)	
pepperoncini peppers (optional)	

Line baking sheet with parchment paper; set aside. In skillet, heat 1 tbsp of the oil over medium heat. Add onion and garlic; cook, stirring often, for 2 minutes.

In food processor, pulse chickpeas, onion mixture, spinach, flour, oats and cumin until fine; season with salt and pepper. Using your hands, form 16 falafel patties, pressing lightly to help them hold together. Place falafels on prepared baking sheet. Freeze for about 5 minutes.

In large skillet, heat remaining oil over medium-high heat. Add half of the falafels; cook, turning halfway through cooking time, until browned, about 4 minutes. Transfer to plate; keep warm. Repeat with remaining falafels.

Divide falafels among pita halves. Top each with Tzatziki, lettuce, tomatoes and cucumbers, and mint, if using. Serve with pepperoncini peppers, if using.

PER SERVING about 630 cal, 20 g pro, 20 g total fat (5 g sat. fat), 93 g carb (12 g dietary fibre, 9 g sugar), 15 mg chol, 400 mg sodium, 6.5 mg iron.

Tzatziki In bowl, stir together 1/2 cup sour cream, 1 grated mini cucumber, 1 chopped clove garlic and 1/2 tsp liquid honey. Season with salt and pepper. Makes about 2/3 cup.

ON THE TABLE IN

22

MINUTES

ONE-POT PEAS & CHEESE PASTA

MAKES 4 SERVINGS

2 tbsp	unsalted butter
1/2	onion, finely chopped
1 to 2	cloves garlic, minced
3 cups	2% milk
500 g	fusilli (or macaroni)
2 cups	frozen peas
3/4 cup	cream cheese, softened
2 cups	shredded strong Cheddar cheese
1/2 cup	grated Parmesan cheese (approx)
salt and pepper	
chopped fresh chives	

In large saucepan, heat butter over high heat. Add onion and garlic and cook, stirring often, for 1 minute. Stir in milk and 2 cups water; stir in fusilli. Bring to boil. Reduce heat to medium and cook, stirring occasionally, until pasta is al dente, about 10 minutes. Stir in peas; cook for 2 minutes. Remove pan from heat; stir in cream cheese. Stir in Cheddar and Parmesan until cheeses are melted and texture is smooth. Season with salt and pepper. Sprinkle with additional grated Parmesan and chopped fresh chives.

PER SERVING about 835 cal, 37 g pro, 46 g total fat (26 g sat. fat), 68 g carb (7 g dietary fibre, 17 g sugar), 135 mg chol, 875 mg sodium, 3.1 mg iron.

MADE WITH Love

Serve up this spring-fresh dinner for an incredible Mother's Day feast.

RECIPES MICHAEL LINNINGTON
PHOTOGRAPHY TANGO
FOOD STYLING NATALY SIMARD
PROP STYLING CAROLINE SIMON

PLATE, TABLE LINEN, POTTERY BARN

MENU

Baked Feta with Olives & Artichokes

Pork Tenderloin with Herb & Lemon Salad

Mustard & Butter Leeks

Frozen Pistachio & Strawberry Parfaits

mustard & butter **LEEKS**

PORK TENDERLOIN with herb & lemon salad

BAKED FETA WITH OLIVES & ARTICHOKES

MAKES 4 SERVINGS
HANDS-ON TIME 10 MINUTES
TOTAL TIME 35 MINUTES

1	clove garlic, chopped
3/4 cup	drained and roughly chopped marinated artichoke hearts
3/4 cup	pitted kalamata olives, roughly chopped
1/3 cup	roughly chopped sun-dried tomatoes
1 tsp	dried oregano
pinch	hot pepper flakes
2 tbsp	lemon juice
1 cup	olive oil (approx)
1 tbsp	liquid honey (approx)
1	large block feta cheese (about 400 g), cut in 4 slices

chopped fresh flat-leaf parsley (optional)
toasted baguette slices

Preheat oven to 350°F. In bowl, stir together garlic, artichoke hearts, olives, tomatoes, oregano, hot pepper flakes, lemon juice, olive oil and honey. Add 2 tbsp to each of 4 mini casserole dishes or ramekins. Top each with slice of feta; spoon remaining olive mixture over top.

Place casserole dishes on large baking sheet. Bake until feta is lightly browned, 20 to 25 minutes. Sprinkle with parsley, if using, and drizzle with olive oil and honey. Serve with toasted baguette slices.

PER SERVING about 820 cal, 16 g pro, 76 g total fat (23 g sat. fat), 17 g carb (3 g dietary fibre, 12 g sugar), 90 mg chol, 1,250 mg sodium, 1.9 mg iron.

PLATES, CASSEROLE DISHES, HOMESENSE

PORK TENDERLOIN WITH HERB & LEMON SALAD

MAKES 4 SERVINGS
HANDS-ON TIME 15 MINUTES
TOTAL TIME 1 3/4 HOURS

Pork Tenderloin

1 tsp	mustard powder
1 tsp	garlic powder
2 tsp	fennel seeds
1 tbsp	herbes de Provence
1/4 cup	olive oil (approx), divided
2	medium pork tenderloins (about 750 g total)
	salt and pepper
1/4 cup	unsalted butter
	lemon zest (optional)

Herb & Lemon Salad

1	lemon
2 cups	fresh herbs of your choice (parsley, basil, mint, dill, chives, etc.), roughly chopped
2 tbsp	olive oil
	sea salt and pepper

Preheat oven to 400°F. Line baking sheet with parchment paper; set aside.

In bowl, stir together mustard powder, garlic powder, fennel seeds, herbes de Provence and 2 tbsp of the olive oil. Using your hands, spread mixture over pork tenderloins. Place pork on prepared baking sheet and refrigerate for 1 hour. Let pork stand at room temperature for 20 minutes before cooking.

Season pork with salt and pepper. In large skillet, melt butter and remaining olive oil over medium-high heat; add pork and sear, turning until browned on all sides, 3 to 4 minutes per side. Discard parchment paper; place tenderloins on baking sheet. Bake until pork reaches internal temperature of 145°F, 10 to 14 minutes. Let rest for 10 minutes.

Meanwhile, working over large bowl to collect juice, peel lemon and, using small knife, loosen segments by sliding blade back and forth on each membrane; add segments to bowl. Mix in fresh herbs and olive oil. Season with salt and pepper. Divide salad among plates. Slice pork; divide among plates. Drizzle with olive oil and sprinkle with pepper and lemon zest, if using.

PER SERVING about 595 cal, 54 g pro, 40 g total fat (13 g sat. fat), 4 g carb (2 g dietary fibre, 1 g sugar), 145 mg chol, 250 mg sodium, 3.9 mg iron.

MUSTARD & BUTTER LEEKS

MAKES 4 SERVINGS
HANDS-ON TIME 10 MINUTES
TOTAL TIME 35 MINUTES

4	leeks (white parts only), halved lengthwise and washed thoroughly
	fleur de sel
1/3 cup	unsalted butter
2 tsp	white wine vinegar
1 tbsp	grainy mustard
1 tbsp	maple syrup
2 tsp	chopped fresh tarragon
	salt and pepper

Sprinkle cut sides of leeks with fleur de sel. In skillet over low heat, melt butter; add leeks, cut side down. Cover skillet with sheet of parchment paper cut to fit, with 1-inch hole in the centre. Cook for 15 minutes. Turn leeks; cook until tender, about 10 minutes. Transfer leeks to serving dish; reserve skillet and cooking juices. Turn off heat.

In same skillet, whisk together vinegar, mustard, maple syrup and tarragon. Season with salt and pepper. Pour sauce over leeks before serving.

PER SERVING about 190 cal, 1 g pro, 15 g total fat (10 g sat. fat), 13 g carb (1 g dietary fibre, 6 g sugar), 40 mg chol, 250 mg sodium, 1.5 mg iron.

FROZEN PISTACHIO & STRAWBERRY PARFAITS

MAKES 4 SERVINGS
HANDS-ON TIME 15 MINUTES
TOTAL TIME 1 1/2 HOURS

3 cups	pistachio ice cream
1 cup	quartered fresh strawberries (approx)
1 tbsp	granulated sugar
3 cups	whipped cream
4	store-bought dry meringues, crushed

chopped roasted pistachios
liquid honey (optional)

Let ice cream stand at room temperature for 15 minutes.

Meanwhile, in bowl, combine strawberries and sugar; set aside.

In 4 glass dessert cups, place small scoop of tempered ice cream. Top with large dollop of whipped cream, a few of the reserved strawberries and a few pieces of meringue. Repeat with remaining ingredients to create 2 to 3 layers in each cup. Freeze for 1 hour. Spoon remaining strawberries and the pistachios over top, and drizzle with honey, if using.

PER SERVING about 560 cal, 8 g pro, 36 g total fat (22 g sat. fat), 51 g carb (2 g dietary fibre, 47 g sugar), 115 mg chol, 110 mg sodium, 0.5 mg iron.

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Canadian Living TEST KITCHEN

A+ FOR asparagus

Enjoy the earthy taste of this nutritious springtime vegetable in a starter, soup, salad, side or main. The options are endless!

RECIPES MARIE-ÈVE LAFORTE | **PHOTOGRAPHY** BRUNO PETROZZA | **FOOD & PROP STYLING** MÉLANIE MARCHAND

lemon asparagus SOUP

asparagus ribbon **SALAD**

CRISPED ASPARAGUS

MAKES 2 TO 4 SERVINGS
HANDS-ON TIME 15 MINUTES
TOTAL TIME 35 MINUTES

3/4 cup	all-purpose flour
salt and pepper	
3	eggs
1 1/4 cups	panko bread crumbs
1/2 cup	grated Parmesan cheese
1/4 cup	ground almonds
500 g	asparagus, trimmed
vegetable cooking spray	
store-bought aioli (optional)	

Preheat oven to 425°F. Line large baking sheet with parchment paper; set aside.

In shallow bowl, season flour with salt and pepper. In second shallow bowl, beat eggs. In third shallow bowl, stir together bread crumbs, Parmesan and almonds; season with salt and pepper.

One at a time, dip asparagus in eggs, then in flour, then in eggs again, then in the bread crumb mixture, pressing lightly to adhere. Place asparagus 1 inch apart on prepared baking sheet. Spray asparagus generously with cooking spray.

Bake on upper rack of oven until asparagus are tender-crisp and breading is golden brown and crispy, 12 to 15 minutes. Let cool for 5 minutes before serving. Sprinkle with salt and serve with aioli, if using.

PER EACH OF 4 SERVINGS about 380 cal, 19 g pro, 12 g total fat (4 g sat. fat), 49 g carb (6 g dietary fibre, 4 g sugar), 150 mg chol, 550 mg sodium, 4.8 mg iron.

LEMON ASPARAGUS SOUP

MAKES 4 SERVINGS
HANDS-ON TIME 10 MINUTES
TOTAL TIME 35 MINUTES

3 tbsp	unsalted butter
1	onion, chopped
1	clove garlic, finely chopped
1 kg	asparagus, trimmed and cut in 1-inch pieces
3 1/2 cups	sodium-reduced chicken broth
zest and juice of 1/2 lemon	
1 cup	35% whipping cream
salt and pepper	
lemon wedges (optional)	
baguette slices (optional)	

In large saucepan, melt butter over medium heat. Add onion and cook, stirring often, until softened, about 5 minutes. Add garlic and cook, stirring often, for 1 minute. Reserving a few pieces of asparagus for garnish, add remaining asparagus to pan and cook, stirring occasionally, until tender, 6 to 7 minutes.

Stir in broth; bring to boil. Cover and reduce heat to low; simmer, stirring occasionally, until asparagus is very tender, about 5 minutes. Stir in lemon zest and juice. Transfer soup to blender or, using handheld blender, purée until smooth. Return soup to saucepan; stir in cream and season with salt and pepper. Cook until soup is heated through, 3 to 5 minutes. Divide among bowls and top with reserved asparagus pieces. Serve with lemon wedges and baguette slices, if using.

PER SERVING about 365 cal, 10 g pro, 29 g total fat (20 g sat. fat), 16 g carb (6 g dietary fibre, 7 g sugar), 90 mg chol, 650 mg sodium, 3 mg iron.

ASPARAGUS RIBBON SALAD

MAKES 4 SERVINGS
HANDS-ON TIME 25 MINUTES
TOTAL TIME 25 MINUTES

500 g	large asparagus, trimmed
4 cups	shredded leaf lettuce
1	ripe but firm avocado, diced
1/3 cup	shelled pistachios, roughly chopped
2 tbsp	capers, rinsed and drained
3 tbsp	olive oil
juice of 1/2 lemon	
1 tbsp	liquid honey
salt and pepper	

Using Y-shaped peeler, carefully peel asparagus lengthwise into ribbons; place in serving bowl. Add lettuce, avocado, pistachios and capers.

In separate bowl, whisk together olive oil, lemon juice and honey; season with salt and pepper. Pour over salad, tossing gently to coat.

PER SERVING about 290 cal, 7 g pro, 21 g total fat (3 g sat. fat), 19 g carb (9 g dietary fibre, 8 g sugar), 0 mg chol, 250 mg sodium, 1.8 mg iron.

ASPARAGUS GRATIN

MAKES 4 TO 6 SERVINGS
HANDS-ON TIME 10 MINUTES
TOTAL TIME 30 MINUTES

1 kg	asparagus, trimmed
1/3 cup	35% whipping cream
3 tbsp	olive oil
3 to 4	cloves garlic, finely chopped
pinch	nutmeg
salt and pepper	
1 cup	shredded mozzarella cheese
1/2 cup	shredded Gruyère cheese
2 tbsp	dried Italian bread crumbs

Preheat oven to 425°F; grease 9- x 13-inch baking dish. Arrange asparagus in baking dish in single layer. Top with olive oil and sprinkle with garlic and nutmeg; season with salt and pepper. Bake on upper rack of oven until asparagus is tender-crisp, 12 to 15 minutes.

Sprinkle asparagus with mozzarella, Gruyère and bread crumbs. Place under broiler until cheese is melted and starting to brown, 3 to 4 minutes.

PER EACH OF 6 SERVINGS about 235 cal, 11 g pro, 17 g total fat (7 g sat. fat), 11 g carb (3 g dietary fibre, 11 g sugar), 35 mg chol, 250 mg sodium, 1.8 mg iron.

Microplane

SHEETPAN GNOCCHI WITH ASPARAGUS & PEAS

MAKES 4 SERVINGS
HANDS-ON TIME 15 MINUTES
TOTAL TIME 35 MINUTES

1	500 g pkg fresh gnocchi
1/4 cup	olive oil, divided
500 g	asparagus, trimmed and cut in 3 pieces
2	leeks, sliced (white and pale green parts only)
1 tsp	dried tarragon
1 cup	frozen green peas

salt and pepper
Mustard Vinaigrette (recipe, this page)
grated Parmesan cheese (optional)

Preheat oven to broil. Place gnocchi on baking sheet; drizzle with 2 tbsp of the olive oil. Place asparagus and leeks on separate baking sheet; drizzle with remaining olive oil and sprinkle with tarragon.

Roast gnocchi on bottom rack of oven and vegetables on top rack, stirring both 2 to 3 times during roasting time, for 10 to 12 minutes. Add peas to baking sheet with vegetables; roast for 3 to 5 minutes. Transfer gnocchi to baking sheet with vegetables; drizzle with Mustard Vinaigrette, stirring to coat. Sprinkle with Parmesan, if using.

PER SERVING about 650 cal, 9 g pro, 37 g total fat (5 g sat. fat), 70 g carb (9 g dietary fibre, 7 g sugar), 0 mg chol, 1,000 mg sodium, 5.3 mg iron.

Mustard Vinaigrette In bowl, whisk together 1/2 cup olive oil, 2 tbsp Dijon mustard, 2 tbsp white wine vinegar, 1 tsp maple syrup, 1 chopped clove garlic and 1 tbsp finely chopped shallot. Season with salt and pepper. Makes 3/4 cup.

Microplane

Smooth like silk

Olive oil is a staple ingredient in our kitchens—and for good reason! It's versatile for cooking and baking, a nutritious alternative to butter and other oils, and it tastes delicious!

RECIPES MARIE-ÈVE CHARRON | **PHOTOGRAPHY** TANGO | **FOOD STYLING** ÉRIC RÉGIMBALD
PROP STYLING CAROLINE SIMON

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PLATE, ATELEI. BOWL

artichoke
& hazelnut
OLIVE OIL DIP

SMALL PLATE, H&M HOME. SMALL GREEN BOWL, ATELEI. SMALL WHITE BOWL, INDIGO

LARGE BOWL, CRATE & BARREL. SMALL BOWLS, HOMESENSE

SWEET POTATO MASH WITH PANKO TOPPING

MAKES 4 TO 6 SERVINGS
HANDS-ON TIME 25 MINUTES
TOTAL TIME 1 HOUR 10 MINUTES

Sweet Potato Mash

4	medium sweet potatoes, halved lengthwise
5 tbsp	olive oil, divided
1/2 tsp	ground cumin
1/4 tsp	ground allspice
salt and pepper	

Panko Topping

3 tbsp	olive oil
1/2 cup	panko bread crumbs
1	clove garlic, grated
1/4 tsp	hot pepper flakes
3 tbsp	grated Parmesan cheese
salt and pepper	
chopped fresh chives (optional)	

Sweet Potato Mash Preheat oven to 425°F. Line baking sheet with parchment paper; lightly grease parchment paper.

Using fork, prick sweet potatoes a few times on skin side. Place cut sides down on baking sheet. Drizzle with 1 tbsp of the olive oil; bake until tender, about 35 minutes. Let cool for 5 minutes. Using spoon, scoop out flesh and place in food processor. Add cumin and allspice; season with salt and pepper. With motor running, drizzle in remaining olive oil in thin steady stream; pulse until smooth. Season with salt and pepper.

Panko Topping Heat oil in skillet over medium heat. Add panko and garlic; cook, stirring often, until golden brown, 2 to 3 minutes. Remove from heat; let cool for a few minutes. Stir in hot pepper flakes and Parmesan. Season with salt and pepper; set aside.

Place Sweet Potato Mash in serving dish. Top with Panko Topping and sprinkle with chopped fresh chives, if using.

PER EACH OF 6 SERVINGS about 115 cal, 3 g pro, 1 g total fat (1 g sat. fat), 23 g carb (3 g dietary fibre, 5 g sugar), 2 mg chol, 250 mg sodium, 1 mg iron.

ARTICHOKE & HAZELNUT OLIVE OIL DIP

MAKES 6 SERVINGS
HANDS-ON TIME 20 MINUTES
TOTAL TIME 30 MINUTES

2/3 cup	olive oil
1/2	lemon, halved and thinly sliced
2	cloves garlic, thinly sliced
2	jarred marinated artichoke hearts, finely chopped
3 tbsp	chopped roasted hazelnuts
1/4 tsp	ground cumin
1/4 tsp	ground espelette pepper (or cayenne pepper)
fleur de sel	
fresh basil leaves (optional)	
mini pitas	

In medium skillet, add olive oil, lemon slices and garlic. Cover and heat over low heat, stirring occasionally, for 8 minutes. Remove from heat; stir in artichoke hearts, hazelnuts, cumin and pepper. Season with fleur de sel and sprinkle with fresh basil, if using. Serve with mini pitas.

PER SERVING about 245 cal, 1 g pro, 26 g total fat (3 g sat. fat), 2 g carb (1 g dietary fibre, 0 g sugar), 0 mg chol, 50 mg sodium, 0.3 mg iron.

OLIVE OIL PISTACHIO SHORTBREAD

MAKES 16 SQUARES
HANDS-ON TIME 15 MINUTES
TOTAL TIME 1 3/4 HOURS

1/4 cup	roasted shelled pistachios, finely chopped
1 1/2 cups	all-purpose flour
1 tbsp	granulated sugar
1/2 tsp	salt
1/4 tsp	hot pepper flakes
1/3 cup	olive oil
1 tbsp	chopped fresh rosemary
zest and juice of 1 lemon	
soft goat cheese (optional)	

Line baking sheet with parchment paper; set aside. In bowl, combine pistachios, flour, sugar, salt and hot pepper flakes; set aside.

In separate bowl, whisk together the olive oil, rosemary, lemon zest and juice, and 2 tbsp water. Stir into pistachio mixture until well combined.

Scrape mixture onto prepared baking sheet and, using your hands, form compact 8-inch square (about 1/2 inch thick). Cover with plastic wrap and refrigerate for 1 hour.

Preheat oven to 350°F. Slice dough into 16 squares and space slightly apart on baking sheet. Bake until bottoms are lightly browned, 23 to 25 minutes. Let cool completely, at least 30 minutes. Serve with soft goat cheese, if using.

PER SQUARE about 100 cal, 2 g pro, 5 g total fat (1 g sat. fat), 11 g carb (1 g dietary fibre, 1 g sugar), 0 mg chol, 75 mg sodium, 0.7 mg iron.

olive oil pistachio
SHORTBREAD

PLATE, IKEA

ricotta & olive oil **ICE CREAM**

TEST KITCHEN TIP

Don't forget to place your ice cream maker bowl in the freezer the day before you make this recipe.

RAMEKINS, HOMESENSE. ESPRESSO CUP, SIMONS

VANILLA PANNA COTTAS WITH OLIVE OIL CARAMEL

MAKES 4 TO 6 SERVINGS
HANDS-ON TIME 15 MINUTES
TOTAL TIME 3 HOURS 20 MINUTES

Vanilla Panna Cotta

1	7 g pkg unflavoured gelatin
2 tbsp	cold water
1 cup	18% table cream
1/3 cup	granulated sugar
1	vanilla pod, halved lengthwise, seeds scraped (or 2 tsp vanilla)
1 1/2 cups	10% plain Greek yogurt

Olive Oil Caramel

7 tbsp	cold maple syrup, divided
3 tbsp	olive oil

sliced strawberries
crumbled tea biscuits
fleur de sel (optional)

Vanilla Panna Cotta In small bowl, dissolve gelatin in 2 tbsp cold water; let stand for 5 minutes.

In small saucepan, heat cream, sugar and vanilla over low heat for 3 minutes. Remove from heat. Stir in gelatin until completely dissolved. Whisk in yogurt until smooth and even. Divide among 4 to 6 ramekins or dessert cups. Cover with plastic wrap and refrigerate for at least 3 hours.

Olive Oil Caramel In bowl, using small whisk or fork, vigorously whisk 3 tbsp of the maple syrup and olive oil until mixture thickens, about 1 minute. Whisk in remaining maple syrup until thick and glossy. Drizzle Olive Oil Caramel over Vanilla Panna Cottas and top with sliced strawberries, cookie crumbs and fleur de sel, if using.

PER EACH OF 6 SERVINGS about 375 cal, 4 g pro, 27 g total fat (13 g sat. fat), 29 g carb (0 g dietary fibre, 28 g sugar), 65 mg chol, 40 mg sodium, 0.1 mg iron.

RICOTTA & OLIVE OIL ICE CREAM

MAKES 4 TO 6 SERVINGS
HANDS-ON TIME 30 MINUTES
TOTAL TIME 3 HOURS 50 MINUTES

2/3 cup	granulated sugar
1	400 g tub ricotta cheese
3 tbsp	extra-virgin olive oil (approx)

In small saucepan, heat sugar and 2/3 cup water over low heat, stirring often, until sugar has completely dissolved and liquid is syrupy. Remove from heat; let cool for 15 minutes.

In blender, purée ricotta and cooled sugar syrup until smooth and creamy. Scrape into bowl of ice cream maker; turn on to churn. When mixture starts to freeze, with machine still churning, slowly drizzle in olive oil. Churn until ice cream is consistency of soft-serve ice cream, 18 to 25 minutes. Using spatula, scrape ice cream into airtight container and freeze for at least 3 hours before serving. Drizzle with olive oil, if desired.

PER EACH OF 6 SERVINGS about 240 cal, 8 g pro, 12 g total fat (4 g sat. fat), 25 g carb (0 g dietary fibre, 22 g sugar), 21 mg chol, 65 mg sodium, 0.3 mg iron.

make a toast

Simple, healthy and satisfying, these elevated avocado toasts are just what you need to start the day off right.

RECIPE MARIE-ÈVE LAFORTE | **PHOTOGRAPHY** TANGO
FOOD STYLING NATALY SIMARD | **PROP STYLING** CAROLINE SIMON

AVOCADO & EDAMAME TOASTS

MAKES 4 SERVINGS
HANDS-ON TIME 10 MINUTES
TOTAL TIME 12 MINUTES

1 cup	frozen edamame, thawed (see Test Kitchen Tip)
2	avocados, ripe but firm
3 tbsp	lime juice
1 tbsp	chopped white onion
2	cloves garlic, minced
pinch	hot pepper flakes (approx)
salt and pepper	
4	bread slices, toasted
1/2 cup	cottage cheese
microgreens	
roughly chopped pistachios	
sea salt	
lime wedges (optional)	

In small saucepan of boiling water, blanch edamame for 2 minutes; rinse with cold water and drain.

In bowl, using fork, roughly mash avocados. Add lime juice, onion, garlic and hot pepper flakes. Season with salt and pepper; stir to combine.

Spread toasts with avocado mixture. Top with cottage cheese and reserved edamame. Sprinkle with microgreens, pistachios, sea salt and hot pepper flakes. Serve with lime wedges, if using.

PER SERVING about 315 cal, 12 g pro, 18 g total fat (3 g sat. fat), 27 g carb (10 g dietary fibre, 4 g sugar), 5 mg chol, 250 mg sodium, 2.5 mg iron.

TEST KITCHEN TIP

You can use whole pods of frozen edamame, if they are easier to find. Place edamame in microwaveable bowl with 3 tbsp water. Microwave on high until pods are easy to open, about 3 minutes. Let cool slightly before removing pods. A 450 g bag will render a little more than 1 cup edamame beans.

SMALL BOWL, H&M HOME

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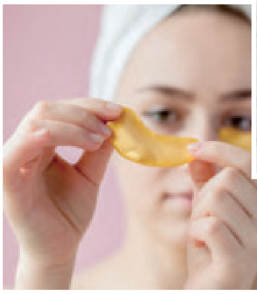
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Frozen Pistachio & Strawberry Parfaits

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May 2025

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Take the CAKE

The deeply caramelized tops of these mini cheesecakes are what give them their incredible flavour and unique look.

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MINI BASQUE CHEESECAKES

MAKES 6 TO 8 CHEESECAKES
HANDS-ON TIME 15 MINUTES
TOTAL TIME 1 HOUR 40 MINUTES

250 g	cream cheese, cubed and softened
1 tsp	vanilla
1/2 cup + 1 tbsp	granulated sugar (approx), divided
1 tbsp	all-purpose flour, sifted
pinch	salt
1	egg
2	egg yolks
2/3 cup	35% whipping cream

Preheat oven to 475°F; line 6 to 8 muffin cups with paper liners; set aside.

In bowl, using spatula, press and mix cream cheese until consistency of paste. Whisk in vanilla, 1/2 cup of the sugar, the flour and salt until combined. Whisk in egg and egg yolks until combined. Gently stir in cream (batter will be runny). Transfer batter to measuring cup with spout. Pour batter into prepared muffin cups, filling to the top. Sprinkle each muffin cup with two pinches of remaining sugar.

Bake on upper rack of oven until tops are deeply caramelized (broil for the last few minutes, if desired), 20 to 25 minutes. Transfer muffin pan to wire rack; let cool completely, at least 1 hour (cheesecakes will cave slightly in the middle while cooling). *(Make-ahead: Can be stored in airtight container and refrigerated for up to 5 days or frozen for up to 1 month.)*

PER EACH OF 8 SERVINGS about 255 cal, 4 g pro, 20 g total fat (11 g sat. fat), 15 g carb (0 g dietary fibre, 14 g sugar), 125 mg chol, 135 mg sodium, 0.3 mg iron.

RECIPE, MARIE-ÈVE LAFORTE. PHOTOGRAPHY, TANGO/CI. FOOD STYLING, ÉRIC RÉGIMBALD. PROP STYLING, CAROLINE SIMON

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